

AMERICAN RED CROSS COURSE SCHEDULES
May – August 2020

Lifeguarding Training Courses — Member $175 | Guest $215

Earn American Red Cross certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer. Participant must be age 15 by last date of course. Prerequisite swim test & additional information on back. Online training component must be completed before the first class date.

Course Dates:	Day(s)	Time	Location
April 19 - May 17, 2020 *no class 5/10	Sundays	12:00 pm - 5:00 pm	Green
May 7 - 10, 2020	Th, F Sa, Su	5:00 pm - 9:30 pm 9:00 am - 3:30 pm	Stow
May 21 - 24, 2020	Th, F Sa, Su	5:00 pm - 9:30 pm 9:00 am - 3:30 pm	Stow
June 4 - 7, 2020	Th, F Sa, Su	5:00 pm - 9:30 pm 9:00 am - 3:30 pm	Stow
June 4 - 7, 2020	Th, F Sa, Su	4:00 pm - 8:30 pm 10:00 am - 6:00 pm	Bath
August 13 - 16, 2020	Th, F Sa, Su	5:00 pm - 9:30 pm 9:00 am - 3:30 pm	Stow

Lifeguard Review Courses — Member $110 | Guest $130

Participants must possess a current American Red Cross Lifeguarding certification in order to qualify for this course. Upon successful completion, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer Certification.

Course Dates:	Day(s)	Time	Location
May 2 & 3, 2020	Sa & Sun	9:00 am - 3:00 pm	Stow
June 2 & 3	Tu & Wed	4:00 pm - 8:30 pm	Bath
June 11 & 12	Th & F	4:00 pm - 10:00 pm	Stow
July 25 & 26	Sa & Sun	9:00 am - 3:00 pm	Stow
August 15 & 16	Sa & Sun	9:00 am - 3:00 pm	Stow

Looking for a class to take with a group of friends? Call us if you have a group of 4 or more!
Please see the back of this flier for additional information*

Locations and Registration Information:
Please contact the location where the course is being held for additional questions. We do not currently have online registration. Registration can be completed in-person, via email or by phone. Payment is expected on or before the first course date. There is an online component to the Lifeguarding course (see below), please don't wait until the last-minute to register! Classes must have a minimum number of participants to comply with American Red Cross standards.

Locations:		Contact	Email	Phone
Bath	4125 Medina Rd., Bath, 44333	Jim Conner	ConnerJ@ccf.org	330.665.8131
Stow	4300 Allen Rd., Stow, 44224	Diane Weaver	WeaverD2@ccf.org	330.945.3131
Green	1940 Town Park Blvd., Uniontown, 44685	Cathy Spicer	SpicerC2@ccf.org	330.896.5007

Lifeguarding Course:

The American Red Cross Lifeguarding Certification course teaches you the essential skills of professional lifeguarding. Through a combination of online learning modules, videos, group discussion and hands-on practice, you'll learn all of the requirements for certification. Upon successful completion of the course, you'll receive a two-year certification in Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (includes Adult, Child, and Infant CPR/AED).

Blended Learning Format:
Once a participant has registered for the course, he/she will be given a unique code to access the blended learning materials. Thus, it is essential that the participant is registered in advance. The online materials (7 ½ hours) will need to be completed prior to the first class. Please note: Students that are not registered with the American Red Cross (never took a certification course before) will click on "New User" to register. Participants must use their own email address and phone number to register. The email and phone number used by the participant will link them with their digital certificates after they become certified, and must be used if the participant decides to take any additional or future certification courses (such as a Lifeguard Review course, Lifeguard Instructor, Water Safety Instructor, etc).

Lifeguarding Course Details:
This course is designed for individuals who want to lifeguard in a pool setting. Participants must be at least 15 years old by the last date of the course. The Lifeguarding course includes a swimming pre-test*, rescue skills for shallow and deep water, spinal injury management skills, CPR and AED skills, First Aid skills and written and in-water skills tests. Participants should be prepared to enter the water at every class. They should be comfortable in deep water and possess the ability to swim comfortably with the face in the water.
***Swimming pre-test:** Swim 300 yards using front crawl, breaststroke, or a combination of both (not timed); swim 20 yards and retrieve a 10 lb. brick at a 7-10 foot depth, return to the starting point with two hands on the brick (swimming with legs only) and exit the pool without using the stairs/ladder within 1 minute and 40 seconds; tread water for 2 minutes using legs only. All participants must be able to pass the pre-test in order to take the course. Goggles may be worn for the 300 yard swim, but not for the brick retrieval portion.

Certificates Issued:
Participants will receive a certificate that indicates successful completion in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. This certificate is valid for 2 years. Before the end of the 2 years, participants may take a "Lifeguard Review" course to become recertified for an additional 2 years.

Lifeguarding Course Manual:
You can download a free PDF version of the American Red Cross Lifeguard manual to study for training and to aid in the online portion of the course (optional). Manuals will be provided for use during in-class training, but must be turned in at the end of each class day. Free Digital Manual: Lifeguard Manual http://www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual

What to Bring to Class:
Printed or screenshot proof of completion of online blended learning; bathing suit; goggles; towels; comfortable clothes (warm); a pen or pencil and paper for notes; a CPR pocket mask (this is provided with student's Lifeguarding Course registration & will be handed out during the CPR portion of the course). Students should also bring snacks, drinks, and a lunch if the class is more than 4 hours in length.

Lifeguard Review Course:

This is a recertification option for currently certified American Red Cross Lifeguards or Lifeguards that are within 30 days of their expiration date. Lifeguard Review participants must provide **a paper copy** of their valid Lifeguarding, First Aid and CPR/AED for the Professional Rescuer certification on the first day of class. If you can't locate your certificate, please visit www.redcross.org/getcertificate to reprint your digital certificate. If you are unable to obtain your certificate through this site, call 1-800-REDCROSS. Participants for this course do not have to take the online blended learning portion of the Lifeguarding course. All materials will be presented in class. Participants must be prepared to take the swimming pre-test and perform all water and land skills. Please read the "What to Bring to Class" portion above; students taking the Lifeguard Review Course must bring their own mask or purchase one on the class date for $20.