



## LIFESTYLES GREEN CLASS SCHEDULE

Lifeguard training pre-requisites on back • NO make up for missed sessions

Class Title	Day	Start Time	End Time	Family Member Code	Guest Code
Lifeguard Training Course #1					
March 8 - March 11	TH, F	3:30 PM	6:00 PM	\$175 (#385)	\$215 (#386)
	Saturday	11:00 AM	5:00 PM		
	Sunday	1:00 PM	5:30 PM		
Pretest Wednesday March 7th @ 5:30 PM					
Registration begins February 7, 2018					
Lifeguard Training Course #2					
April 26 - April 29	TH, F	3:30 PM	6:00 PM	\$175 (#385)	\$215 (#386)
	Saturday	11:00 AM	5:00 PM		
	Sunday	1:00 PM	5:30 PM		
Pretest Friday April 11th @ 5:30 PM					
Registration begins March 11, 2018					
Lifeguard Training Course #3					
April 8 - May 6	Sunday	12:00 PM	6:00 PM	\$175 (#385)	\$215 (#386)
Pretest Tuesday April 4th @ 5:30 PM					
Registration begins February 8, 2018					

## Lifeguard Training Classes

American Red Cross Lifeguard Certification gives you the skills and knowledge to become a professional lifeguard. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED. The Lifeguard certification course teaches professionalism, patron and facility surveillance, victim recognition, equipment-based rescues, and caring for head, neck and back injuries.

**Program Registration:** Don't forget to fill out a program registration form prior to each session, found at the front desk or in the lobby flyer racks.

## Lifeguard Training Course Details

The Lifeguard Training course is designed for individuals who want to lifeguard in a pool setting. Participants must be at least 15 years old by the last day of the Lifeguard Training course. The Lifeguard Training course includes a swimming pretest\* the first day of class, rescue skills for shallow and deep water, spinal injury management skills, CPR skills, AED skills, First Aid skills and written and in-water skills tests. Participants should be prepared to enter the water at every class.

\*Swimming Pre-test: Tread water for 2 minutes using legs only, swim 300 yards (100 yards front crawl, 100 yards breaststroke, 100 yards of either stroke) not timed, and do a 20 yard swim retrieve a 10lb brick at a 7-10 feet depth, return to the starting point with the brick and exit the pool without any aid within 1 minute and 40 seconds. All participants must be able to pass the pre-test to continue the course.

## Lifeguard Certificates Issued

At the completion of the Lifeguard training course, participants will be certified in Lifeguarding, First Aid and CPR/AED for the professional rescuer valid for 2 years.

## Lifeguard Manual

You can download a free PDF version of the Red Cross Lifeguard text to study for training. Lifeguard Manuals will be provided for use during in class training (must be turned in at the end of class). Free Digital Manual: **Lifeguard Manual** [http://www.instructorscorner.org/files/LG\\_PM\\_digital.pdf](http://www.instructorscorner.org/files/LG_PM_digital.pdf) or Students wishing to purchase the manual please visit: [www.redcross.org](http://www.redcross.org)

## What to Bring to Class

Lifeguard Training Forms; multiple bathing suit(s) and towel(s); a pen or pencil and paper for notes; and a CPR pocket mask (is included in registration fees).

\*To ensure quality and cost effective programming, the aquatic department reserves the right to combine, add, or cancel classes as necessary.

**Questions? Call the Aquatic Office at 330.896.5007.**