

AMERICAN RED CROSS COURSE SCHEDULES

January – June 2025

Lifeguarding Training Courses

Member \$195 | Guest \$225

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
March 9, 16, 23, 30, April 6	Sundays	11:00 AM – 5:00 PM	Bath
March 9, 16, 23, 30, April 6	Sundays	11:00 AM – 5:00 PM	Green
March 18, 20, 21, 22	Tu, Th, Fri, Saturday	4:00 PM – 9:00 PM 9:00 AM – 5:00 PM	Stow
March 31, April 1,2,3,4	Monday - Friday	4:00 PM – 9:00 PM	Bath
April 27, May 4,11,18,25	Sundays	11:00 AM – 5:00 PM	Bath
May 6, 8, 9, 10	Tu, Th, Fri, Saturday	4:00 PM – 9:00 PM 9:00 AM – 5:00 PM	Stow
June 1,3,5,7	Tuesday, Thursday Saturday, Sunday	4:00 PM – 9:00 PM 11:00 AM – 5:00 PM	Bath

Lifeguard Review Courses

Member \$125 | Guest \$145

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. Online training component must be completed before the first class date.

Course Dates:	Day(s)	Time	Location
February 22 & 23	Sat & Sun	12:00 PM – 5:00 PM	Bath
March 29 & 30	Sat & Sun	9:00 AM – 3:00 PM	Stow
April 17 & 18	Thu & Fri	4:00 PM – 9:30 PM	Stow
April 26 & 27	Sat & Sun	12:00 PM – 5:00 PM	Bath
April 29 & May 1	Tu & Th	4:00 PM – 9:30 PM	Stow
May 21 & 23	Wed & Fri	4:00 PM – 9:00 PM	Bath

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 and to obtain a registration link. Payment is expected before the first course date. There is a 10 hour online Blended Learning component to the Lifeguarding **AND** Lifeguarding Review courses. Registration will close at noon the day prior to the first class date.

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

American Red Cross Lifeguarding & Lifeguard Review Courses:

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 required for both Lifeguarding & Lifeguarding Review Courses: 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 (8-10 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 to register. Do not use a school email (free accounts such as Gmail or Yahoo work well). The name and email 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 Lifeguarding Review course, Lifeguard Instructor, Water Safety Instructor, etc). Pay attention to the computer compatibility requirements- do not use a phone or ipad to do the online course. Google Chrome, Microsoft Edge and Mozilla Firefox work best for the Red Cross course materials. Begin the online course as soon as possible. **If you have any issues with the online content, call 1-800-REDCROSS.**

Lifeguarding & Lifeguarding Review Course Details: These courses are designed for individuals who want to lifeguard in a pool setting. Lifeguarding Review is designed for those who need to renew their 2-year certification. Participants must be at least 15 years old by the last date of the course. The Lifeguarding **AND** Lifeguarding Review 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 must be prepared to enter the water at every class. They should be comfortable in deep water and possess the ability to swim comfortably with their face in the water.

*Swimming pre-test:

1. Jump in and fully submerge, recover to the surface and swim 150 yards using front crawl, breaststroke, or a combination of both (not timed). After swimming 150 yards, maintain your position at the surface of the water without support for 2 minutes by treading, legs only, with your hands in your armpits. After the tread is complete, swim an additional 50 yards.
2. 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 on your back with only your legs) and exit the pool without using the stairs/ladder within 1 minute and 40 seconds. All participants must be able to pass the pre-test in order to take the course. Goggles may be worn for the 200 yard swim/tread, 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 "Lifeguarding Review" course to become recertified for an additional 2 years. Participants only have 30 days past their certification expiration date to become recertified. During that 30-day extension, you are not considered "certified". It's strongly recommended to renew it sooner than the expiration date.

Lifeguarding Course Manual: Once you launch the Blended Learning portion of the course, you can access a free PDF version of the American Red Cross Lifeguarding manual to study for training and to aid in the online portion of the course (optional).

What to Bring to Class: Printed or screenshot proof of completion of online blended learning (Lifeguarding AND Lifeguarding Review participants!); 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 but not with the Lifeguarding Review Course). Students must have their mask or pay \$25 fee for a new one. Students should also bring snacks, drinks, and a lunch if the class is more than 4 hours in length. Lifeguarding Review participants must bring a printed copy of their current Lifeguarding Certificate. If you can't locate your certificate, please visit www.redcross.org/getcertificate to reprint your digital certificate.