



LifeStyles, Stow February – April

American Red Cross Lifeguard Recertification Courses

Lifeguard Review – **This is a recertification course for currently certified Lifeguards**

Prerequisite information on back – No make-up for missed sessions – MUST attend all dates

February Course:	Day(s)	Start Time	End Time	Member	Guest
February 8 th & 11 th , 2019	Fri. & Mon.	4:30pm	9:30pm	\$110 (#387)	\$130 (#388)
*Must attend both dates Registration Begins 1/2/19 **This is a recertification course for currently certified Lifeguards**					

March Courses:	Day(s)	Start Time	End Time	Member	Guest
March 13 th & 15 th , 2019	Wed. & Fri.	4:30pm	9:30pm	\$110 (#387)	\$130 (#388)
*Must attend both dates Registration Begins 1/2/19 **This is a recertification course for currently certified Lifeguards**					
March 16 th & 17 th , 2019	Sat. & Sun.	10:00am	3:00pm	\$110 (#387)	\$130 (#388)
*Must attend both dates Registration Begins 1/2/19 **This is a recertification course for currently certified Lifeguards**					

April Courses:	Day(s)	Start Time	End Time	Member	Guest
April 6 th & 7 th , 2019	Sat. & Sun.	12:00pm	5:30pm	\$110 (#387)	\$130 (#388)
*Must attend both dates Registration Begins 1/2/19 **This is a recertification course for currently certified Lifeguards**					
April 15 th & 16 th , 2019	Mon. & Tues.	4:30pm	9:30pm	\$110 (#387)	\$130 (#388)
*Must attend both dates Registration Begins 1/2/19 **This is a recertification course for currently certified Lifeguards**					

Course Description:

This is a recertification option for currently certified American Red Cross Lifeguards or Lifeguards that are within 30 days of their Lifeguarding expiration date.

Lifeguard Review Prerequisites:

Lifeguard Review (Recertification) 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. Participants must also pass the pre-test: Tread water for 2 minutes using legs only; 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. 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.

Lifeguard Certificates Issued:

Upon successful completion of the Lifeguard Review course, participants will receive certifications 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 the "Lifeguard Review" course (again) to become recertified.

Lifeguard Manual:

You can download a free PDF version of the Red Cross Lifeguard manual to review information before the course.

Free Digital Manual: Lifeguard Manual: <http://www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual> or students wishing to purchase the manual can visit:

<https://www.redcross.org/store/books-and-dvds> to purchase the latest version of the Lifeguarding manual.

What to Bring to Class:

A copy of your current American Red Cross Lifeguarding, First Aid, CPR/AED Certification; bathing suit; goggles; towels; comfortable clothes (warm); a pen or pencil and paper for notes; a CPR pocket mask (this can be purchased for \$20 if you don't already have one). Students should also bring snacks, drinks, and a lunch if the class is more than 4 hours in length.

What Should I Do If I Can't Find My Certification?

You can 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. Listen carefully to the options (the first few prompts are for donations) and follow the prompts to certification information. As a last resort, you can also contact the site that hosted your certification. The instructor may be able to obtain it for you.

*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 330.665.8131
or email Diane at weaverd2@ccf.org**

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