



LifeStyles Lifeguard Training



LifeStyles, Stow – 4300 Allen Rd., Stow, OH 44224

American Red Cross Lifeguard Instructor Courses

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

Lifeguard Instructor Course (LGI)	Day(s)	Start	End	Member	Guest
March 11 – March 22, 2019	M, W, & F	5:00 pm	9:00 pm	\$210 (#493)	\$250 (#493)
Registration Begins 1/2/19 - Must attend all dates – Pre-Registration is required					

Lifeguard Instructor Course (LGI)	Day(s)	Start	End	Member	Guest
April 17 - May 8, 2019 (*no class 4/19)	Wed. & Fri.	5:00 pm	9:00 pm	\$210 (#491)	\$250 (#492)
Registration Begins 1/2/19 - Must attend all dates – Pre-Registration is required					

Lifeguard Instructor Course (LGI)	Day(s)	Start	End	Member	Guest
May 13 - May 24, 2019	M, W, & F	5:00 pm	9:00 pm	\$210 (#491)	\$250 (#492)
Registration Begins 1/2/19 - Must attend all dates – Pre-Registration is required					

Early registration is required to ensure that enough materials are ordered.

Two-hour online portion is required by 3pm on the first day of the course.

Don't let a great class cancel – Please register early!

Please see the back of this flier for additional information*

American Red Cross Lifeguard Instructor Course Description & Information

Course Purpose:

The primary purpose of the American Red Cross Lifeguarding Instructor Course is to train instructors to teach the basic-level American Red Cross Lifeguarding courses.

What's Included:

Each candidate will receive the instructor's manual that is required for the course. Candidates must provide their own resuscitation mask (or purchase at our facility for \$20). Candidates must also have access to a computer and the internet in order to do homework assignments.

Lifeguard Instructor Course Prerequisites:

LGI participants must be at least 17 years of age on the last day of the instructor course. They must also possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED. A copy of your certificate must be presented to the instructor on the first day of class. Participants must complete the online Introduction to the Lifeguarding Instructor Course prior to the pre-course skills session. Candidates will be given a pre-course skills session on the first day of class, and must successfully pass all skills, including:

- Skills assessment scenarios that will evaluate the candidate's lifeguarding, first aid, CPR and AED skills
- Demonstrate competency in a Lifeguarding practice & polish session on all in-water skills
- Candidates are expected to perform all of the skills near standard and can quickly correct any errors in order to meet the standard

To Register:

Register and pay at the Cleveland Clinic Akron General Lifestyles, Stow, front desk. Our address is 4300 Allen Rd., Stow, OH 44224. All participants are required to complete an online portion of the course prior to the first day of the course. The digital link to take the online portion will be emailed to the participant after registering. Register early to ensure you will receive your instructor manual on time!

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 to do if you can't find your current Lifeguard certificate:

If you have lost your certification, go to <https://www.redcross.org/take-a-class/digital-certificate> to search for your certification. You can also reach out to your instructor or call 1-800-REDCROSS. You must provide a copy of your valid Lifeguarding certificate on or before the first day of class. If your certification will expire before the end of your LGI course, you must take a Lifeguard Review course before entering the LGI course. If your Lifeguarding is expired beyond 30 days, you must participate in a full Lifeguarding course before you can take the LGI course. For information on Lifeguarding or Lifeguard Review courses, please contact Diane Weaver at weaverd2@ccf.org or 330.945.3131. You can also visit our website to view upcoming courses (Google search Lifestyles Stow).

**Questions? Concerns? Email Diane Weaver at weaverd2@ccf.org
or call Lifestyles, Stow Aquatics at 330.945.3131**