

AMERICAN RED CROSS LIFEGUARDING COURSE

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

This class is being offered in a blended learning format where participants will be required to complete an online portion prior to each class session.

Upon successful completion of the course, participants will receive certification in Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Prerequisites:

- Be at least 15 years old on or before March 13, 2022.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes, using only the legs.
- Swim 20 yards, surface dive to a depth of 7 feet to retrieve a 10-pound brick; return to surface and swim 20 yards on back holding the brick with both hands; exit the water without using a ladder or steps.



**American
Red Cross**



COURSE DETAILS

Dates/Times: Thurs., March 10 4:00 - 7:30pm
Fri., March 11 4:00 - 8:00pm
Sat., March 12 9:00am - 4:00pm
Sun., March 13 9:00am - 4:00pm
(candidates must attend all dates/times)

Location: Spring Lake Fitness and Aquatic Center

Cost: \$240/SLFAC Members; \$255/non-members

Age: 15+

Registration Information

Register at the Front Desk of the SLFAC

Deadline: Friday, March 4, 2022 at 4:00pm

E-mail: slcfac@gmail.com

Phone: 616-847-5858

