

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 October 30, 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:	Fri., Oct 21	3:30—7:00 PM
	Sat., Oct 22	8:00 AM—12:30 PM
	Sun., Oct 23	12:00—5:00 PM
	Sat., Oct 29	8:00 AM—12:30 PM
	Sun., Oct 30	12:00—5:00 PM
	<i>(candidates must attend all dates/times)</i>	

Location: Spring Lake Fitness and Aquatic Center

Cost: \$225/SLFAC Members; \$250/non-members

Age: 15+

REGISTRATION INFORMATION

Register online at: <https://slfac.com/aquatics/#programs>

Deadline: October 14, 2022 at Noon

E-mail: slcfac@gmail.com

Phone: 616-847-5858

