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Red Cross Training



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2023 Red Cross Lifeguard Training:

Class Dates:

Course Dates: Sunday, March 12th and Monday, March 13th, 9a-5p each day
*Instructor reserves the right to add time as necessary to complete course

Cost:

\$200 for the course is due prior to class. If participant does not pass the pretest, remediation will be offered with the option to take a class scheduled for a later date.

Course certifies participant in Red Cross Lifeguarding with CPR/AED for Professional Rescuers and First Aid

Prerequisites:

Participant must be at least 15 years of age, and must be able to complete the following pretest:

Pretest:

Swim 300 yards continuously demonstrating breath control and rhythmic breathing.

Candidates may swim using the front crawl, breaststroke, or a combination of both but swimming on the back or side is not allowed. Goggles may be used.

Tread water for 2 minutes using only the legs.

Candidates must place their hands in their armpits.

Complete a timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards. The face may be in or out of the water, but swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound brick. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface. Candidates should not swim the distance under water. Exit the water without using the ladder.

This class is considered a blended learning class. Online learnings must be completed prior to participating in the relevant portion of the class. Please provide an accurate email, and check your email the week prior to the class.

What will I need?

Bathing suit, towel, goggles, pen and paper

For any questions or concerns, please contact Madison Bronson at:
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