

# RED CROSS LIFEGUARD CERTIFICATION COURSES

COST—\$220 Payable to HRCE

PREREQUISITES—will be performed at the first in person class session

- 300 yard continuous swim using front crawl and breaststroke with rhythmic breathing
- Swim 20 yards, surface dive, retrieve a 10Lb brick from a depth of 7-10 feet and swim on the back 20 yards to the starting point with both hands on the brick, all in 1 minute 40 seconds or less
- Tread water for 2 minutes, legs only, with hands held under the arms

American Red Cross Lifeguard Training includes CPR for the professional rescuer, AED and First Aid training. Candidates shall be 15 years of age by last day of class. In addition, successful candidates must complete and bring online certificate to the first in class session, attend ALL classes, pass the written exams and perform all skills and three final rescue/first aid scenarios.

Class size is limited. Sign up for Session I or II. Sessions will be identical.

Session I—April 7th-April 20th

Complete 7 hours of online learning before April 7th

Sat Apr 7th 12-6pm \*\*

Sun Apr 8th 1-6pm \*\*

Tue Apr 10th 8-9:15am

Thur Apr 12th 8-9:15am

Sat Apr 14th 12-6pm \*\*

Sun Apr 15th 1-6pm\*\*

Tue Apr 17th 8-9:15am

Thur Apr 19th 8-9am

Fri Apr 20th 8am—12pm

Session II—May 21st-May 25th

All sessions at the Hesston Aquatic Facility

Complete 7 hours of online learning before May 21st

Mon May 21 8:30am-12pm

Mon May 21 6-8pm

Tue May 22 8:30am-5pm

Wed May 23 8:30am-1pm

Thur May 24 8:30am-1pm

Fri May 25 10:30am-1pm

\*\* Class will only be a portion of this time on these days. Once we know pool availability a final schedule and class locations will be sent to candidates.