



American Red Cross Lifeguarding Course

June 6, 7, 12 & 13

8:00 am – 3:00 pm

Clara R. McKenna Aquatic Center

To enroll in the Lifeguarding Course, you must be at least 15 years old before the last scheduled class session. Enroll at the Aquatic Center, the cost is \$35.

To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim front crawl, breaststroke or a combination of both. Swimming on your back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your face may be in or out of the water. 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 object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface. Exit the water without using a ladder or steps.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios and the pass the final written exams with a minimum grade of 80 percent. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.