



**American Red Cross Lifeguard Training Review for Recertification**  
**at Wayside Athletic Club**

**Single day: Saturday 2/1 or 3/28 or 4/18 8:00am-6:00pm**

**OR**

**Multiple day: 2/17, 2/18, & 2/20 6:30-9:30pm each night**

The American Red Cross Lifeguard Training Review course is open to those participants who hold current Lifeguarding/First Aid/CPR/AED certification. It is designed to give individuals the opportunity to review the course content and to optimize a participant's ability to successfully complete the knowledge and skills evaluations. To earn recertification in ARC Lifeguard Training for an additional 2 years, the participant must pass a set of prerequisite skills tests, successfully complete 2 written multiple choice exams at 80% or better and complete a set of in water skills scenarios. Participants must attend and fully participate in all scheduled hours. Registration for and attendance of this course does not guarantee certification.

Students must provide their own Adult and Infant masks or be prepared to purchase one for an additional \$15.

**Prerequisite Skills Tests:**

- \* Swim 300 yards, continuously, using Front Crawl and Breaststroke, demonstrating breath control and rhythmic breathing. No swimming on back or side is allowed. Goggles may be used.
- \*Tread water for 2 minutes using only legs.
- \*Timed Event: (1 minute 40 second allowed). Starting in the water, swim 20 yards, surface dive to the pool bottom, retrieve a 10 pound object, return to the surface and swim back to the starting point with both hands holding the object and keeping the object and face at the surface. Exit the water with the object without using the ladder or steps. Goggles may NOT be used.

**Single Day Schedule:**

Saturday 9:00AM – 12:00PM	Classroom CPR/AED and First Aid review and written tests for CPR/First Aid
12:00 - 1:00PM	Lunch Break
1:00 - 4:00PM	Pre-course swim tests, in-water skills review, & final skills scenarios
4:00 – 6:00PM	Final Lifeguard written test

**Multiple Day Schedule:**

Monday, February 17	6:30-9:30pm	Pre-course swim tests and in-water skills review
Tuesday, February 18	6:30-9:30pm	Classroom CPR/AED and First Aid review and written tests for CPR/First Aid
Thursday, February 20	6:30-9:30pm	Complete in-water review and final skills scenarios and final Lifeguard written test

**Fees & How to Register:**      Members: \$140                      non-Members: \$190

Registrations are being accepted now at [WaysideAthleticClub.com](http://WaysideAthleticClub.com) under Aquatics.  
Look for Lifeguard Training recertification.