



## **American Red Cross Lifeguard Training Review for Recertification**

**Monday & Tuesday, 4/19 and 4/20 5:00pm-8:30pm (MUST ATTEND BOTH)**

**OR**

**Saturday & Sunday, 5/15 & 5/16 1:30pm-5:00pm (MUST ATTEND BOTH)**

**The American Red Cross Lifeguard Training Review course is open to those participants who hold current Lifeguarding/First Aid/CPR/AED certification**

**These are ARC Blended Learning Classes so the student must complete the online portion BEFORE attending the in-person portion.**

<https://www.redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

This Course 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 the multiple-choice exams (one online) 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. **Please bring proof of completion of the on-line portion to the first in-person class.**

**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.

### **Schedule:**

Monday, April 19 5:00-8:30pm Classroom CPR/AED and First Aid review and written tests for CPR/First Aid  
Tuesday, April 20 5:00-8:30pm Pre-course swim tests and in-water skills review, final skills scenarios  
and final Lifeguard written test

**OR**

Saturday, May 15 1:30-5:00pm Classroom CPR/AED and First Aid review and written tests for CPR/First Aid  
Sunday, May 16 1:30-5:00pm Pre-course swim tests and in-water skills review, final skills scenarios  
and final Lifeguard written test

**Fees & How to Register:      Members: \$150                      non-Members: \$200**

Registrations are being accepted now at WaysideAthleticClub.com under Aquatics.

**Only 5 spaces per session.**