

American Red Cross **Lifeguard Re-Certification**

SPRING 2022 CLASS DATE CHOICES:

Sunday May 22nd 9:00am - 5:00pm

OR

Saturday June 4th 9:00am - 5:00pm

COST: \$175

An abbreviated Lifeguarding course that reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Lifeguard Review participants must provide a paper copy or screenshot of their valid American Red Cross Lifeguarding certification at the beginning of class. If you can't locate your certificate, please visit www.redcross.org/getcertificate to reprint your digital certificate. If you are unable to obtain your certificate through this site, call **1-800-REDCROSS**.

It is strongly recommended for participants to review their Lifeguarding manual.

Participants MUST be prepared to take the Lifeguarding pre-test listed below as well as participate in all water and land skills.

Participants MUST bring their own mask or purchase one on the class date for \$20.

PRE-TEST:

1. 300 yard swim of freestyle and/or breaststroke demonstrating breath control and rhythmic breathing.
2. Tread water for 2 minutes using only the legs.
3. Complete a timed event within 1 minute, 40 seconds:
 - a. Starting in the water, swim 20 yards (goggles not allowed).
 - b. Surface dive (feet or head first) to a depth of 7 - 10 feet to retrieve a 10 pound object.
 - c. Return to the surface and swim 20 yards on the back to the starting point with both hands on the object and keeping the face at or near the surface so they can get a breath.
 - d. Exit the water without using a ladder or steps

There is a **NO REFUND POLICY** unless the class is cancelled by the facility.

Class sizes are limited due to best practices with Covid safeguards.

Please call the Front Desk to register at 610-606-4670.

Please reach out to Ingrid.martz@cedarcrest.edu with questions about the course.