

American Red Cross Lifeguarding Spring 2022

OPTION 1

Fri. 3/25 5pm-6pm
Fri. 4/1 5pm-9pm
Sat. 4/2 9am-6pm
Sun. 4/3 9am-6pm

OPTION 2

Sat. 4/23 9am-10am
Tues. 5/3 5pm-10pm
Thurs. 5/5 5pm-10pm
Sat. 5/7 9am-7pm

OPTION 3

Sat. 5/7 9am-10am
Tues. 5/17 5pm-10pm
Thurs. 5/19 5pm-10pm
Sat. 5/21 9am-7pm

COST: \$375

The American Red Cross Lifeguard course is designed to provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional level care for breathing and cardiac emergencies, injuries, and sudden illnesses until Emergency Medical Services personnel takes over.

This course is blended learning with learners completing a portion of the class online. Access to the online portion will be issued at the first class and must be completed before the second class.

Successful completion of the ARC Lifeguarding course will result in students earning a 2 year certification in Lifeguarding, First Aid, Professional CPR and AED.

PLEASE NOTE THAT COURSE PARTICIPANTS:

- * **MUST** be at least 15 years old and be able to attend all dates/times of their course.
- * **MUST** pass ALL requirements in what is called the pre-course session in. **The pre-course IS THE FIRST DAY OF THE COURSE. If a student does not pass the pre-course, the student is not eligible to participate in the remainder of the course. There will be a course refund issued, less a \$30 facility processing fee.**

PRE-COURSE:

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

PLEASE NOTE:

IF YOU ARE NOT A STRONG SWIMMER, PLEASE STRONGLY CONSIDER TAKING SWIMMING LESSONS BEFORE THE START OF THIS COURSE. THIS IS NOT A LEARN TO SWIM PROGRAM.

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

Please email Ingrid.martz@cedarcrest.edu with any programming questions.