

# American Red Cross Lifeguarding Re-Certification Spring 2024

## OPTION 1

Sunday  
3/17  
9am - 6pm

## OPTION 2

Sunday  
4/21  
9am - 6pm

## OPTION 3

Saturday  
5/18  
9am - 6pm

## OPTION 4

Tuesday 5/21  
AND  
Thursday 5/23  
4:00pm - 8:30pm  
BOTH DAYS

**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 or a certification expired by NO MORE THAN 30 days. 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 will be asked to show their valid American Red Cross Lifeguarding certification, with QR code, at the beginning of class. If you can't locate your certificate, please visit [www.redcross.org/getcertificate](http://www.redcross.org/getcertificate) to reprint your digital certificate. If you are unable to obtain your certificate through this site, call 1-800-REDCROSS.

Participants MUST be prepared to take the Lifeguarding pre-test listed below as well as participate in all water and land skills. It is strongly recommended for participants to review their Lifeguarding manual.

Participants MUST bring their own rescue mask. If one is needed they are available for purchase for \$20.

### PRE-TEST:

- 300 yard swim of freestyle and/or breaststroke demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes using only the legs.
- Complete the following timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards (goggles not allowed).
  - Surface dive (feet or head first) to a depth of 7 - 10 feet to retrieve a 10 pound object.
  - 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.
  - Exit the water without using a ladder or steps

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

### **PLEASE NOTE:**

Registered students in the class are welcome to practice at Cedar Crest College at NO charge.  
Please call the Front Desk for help with a lane reservation.

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

Please email [Ingrid.martz@cedarcrest.edu](mailto:Ingrid.martz@cedarcrest.edu) with any programming questions.

All classes are held at Cedar Crest College Rodale Aquatic Center  
100 College Drive \* Allentown, PA 18104