

American Red Cross Lifeguarding Re-Certification

Spring and Summer 2025

OPTION 1

Saturday
4/19/25
9am - 6pm

OPTION 2

Tues. & Thurs.
5/6/25 & 5/8/25
4pm - 8:30pm
BOTH DAYS

OPTION 3

Saturday
5/10/25
9am - 6pm

OPTION 4

Saturday
6/14/25
9am - 6pm

OPTION 5

Sunday
7/13/25
9am - 6pm

COST: \$175

An abbreviated Lifeguarding course that reviews course information and allows practice of skills 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 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.

PRE-COURSE:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Surface dive (feet-first 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 return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps

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

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 ahead of time 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 with any programming questions.

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