

# American Red Cross Lifeguarding

## May 2026 - Option A

The May Option A Class will meet on the following dates / times:

Friday 5.8 4pm - 8pm

Saturday 5.9 10am - 7pm

Sunday 5.10 10am - 7pm

Registration for the May Option A will close on Friday May 1<sup>st</sup>  
to allow students time to complete the online portion of the program.  
Students must be present for ALL class dates listed above for the May Option A class.

**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 course online. Access to the online course will be issued to the entire class once registration closes. The online course must be completed before the course start date. Persons who have not completed the online portion will not be permitted to participate in Lifeguarding class. They may transfer into another course, space permitting.

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

\* MUST pass ALL requirements in what is called the "pre-course session". The pre-course is held at the beginning of the first day of class. If a student does not pass the pre-course, they are not eligible to participate in the remainder of that course. They may transfer into another course, space permitting. Refunds are only issued for those unable to complete the pre-course, less a \$30 facility processing fee.

### 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

### PLEASE NOTE:

If you are not a strong swimmer, please consider taking swimming lessons or practicing. This is not a learn to swim program. Students that are registered in this class are welcome to practice at Cedar Crest College at NO CHARGE. Please call the Front Desk for help with lane reservations. We do not accept walk-ins.

Please register at the Front Desk at 610-424-7099.

Registration is done over the phone or in-person.

If you call Rodale and a team member is unable to answer the phone,

PLEASE LEAVE A VOICEMAIL MESSAGE.

All classes are held at Rodale Aquatic Center on Cedar Crest College's campus.

100 College Drive, Allentown PA 18104

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