

# AMERICAN RED CROSS LIFEGUARDING COURSE

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard 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 (EMS) personnel take over.

This class is being offered in a blended learning format where participants will be required to complete an online portion prior to each class session.

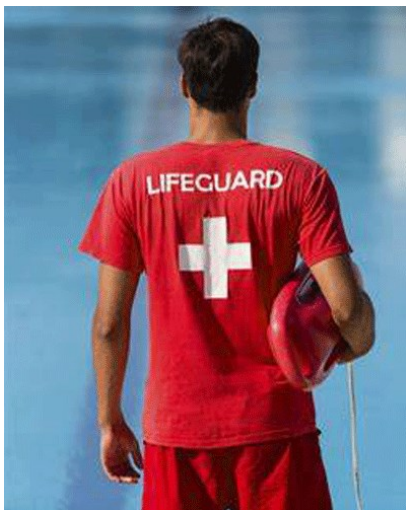
Upon successful completion of the course, participants will receive certification in Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

## PREREQUISITES:

- Be at least 15 years old on or before June 16, 2023.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes, using only the legs.
- Swim 20 yards, surface dive to a depth of 7 feet to retrieve a 10-pound brick; return to surface and swim 20 yards on back holding the brick with both hands; exit the water without using a ladder or steps.



**American  
Red Cross**



## COURSE DETAILS

**Dates/Times:** Monday, June 12 1:00-5:00 PM  
Tuesday, June 13 1:00-5:00 PM  
Wednesday, June 14 1:00-5:00 PM  
Thursday, June 15 1:00-5:00 PM  
Friday, June 16 1:00-5:00 PM  
*(candidates must attend all dates/times)*

**Location:** Spring Lake Fitness and Aquatic Center

**Cost:** \$225/SLFAC Members; \$250/non-members

**Age:** 15+ (by Friday, June 16)

## REGISTRATION INFORMATION

**Deadline:** Friday, June 2 at Noon

**E-mail:** [fac@springlakeschools.org](mailto:fac@springlakeschools.org)

**Phone:** 616-847-5858

