



Red Cross Lifeguard Training **Upcoming Courses - Spring 2019**

Swim Center at Westminster School, LLC
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Lifeguard Training

March 25th – May 20th, Mondays 6:00pm–8:30pm (except May 20th 5:00-8:30pm)

Course Description:

The successful participant will receive the following:

- American Red Cross Certification in Lifeguarding/First Aid/CPR & AED for the Professional Rescuer. This certification is valid for 2 years. Part of the course is online requiring access to a computer or tablet.

Course Prerequisites (Pre-course):

The successful candidate must:

- Be 15 years old by the last day of the course.
- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke (or a combination of front crawl and breaststroke).
- Tread water for 2 minutes, using kick only.
- Swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object & exit the water without using a ladder or steps, within 1 minute, 40 seconds.

*Participants **MUST** successfully complete the Pre-course on the first day of class in order to participate in the class. Certification is conditional on successfully completing the course requirements. Refunds **will not** be offered to students who fail to complete the course requirements, **including** the pre-course. Please contact us for a swim test if unsure about ability to complete the above swimming skills.

Course Fees:

Members \$380, Program Pass Holders \$420 (Fees include CPR pocket mask & Red Cross fees)

Lifeguard Instructor Training Course

June 3rd – June 29th, Mondays 6:00pm–8:30pm, Saturdays 8:30am-11:30am

Course Description:

The purpose of the instructor course is to train candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, and Bloodborne Pathogens Training courses and/or modules.

Course Prerequisites

- Be 17 years old by the last day of the course.
- Possess current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
- Successfully complete the Precourse Sessions, including water skills session, online orientation and exam

*Participants **MUST** successfully complete the Pre-course on the first day of class in order to participate in the class. Certification is conditional on successfully completing the course requirements. Refunds **will not** be offered to students who fail to complete the course requirements, **including** the pre-course. Please contact us for a swim test if unsure about ability to complete the above swimming skills.

Course Fees:

Members \$325, Program Pass Holders \$365 (additional \$35 must be paid directly to the Red Cross)

Contact the Swim Center's Front Desk at 860-408-3021 for further registration information.