



Red Cross Lifeguard Training **Upcoming Course - Spring 2026**

Swim Center at Westminster School, LLC
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Lifeguard Training

Tuesdays 5:30pm - 8:00pm, March 31st – May 19th

Saturday May 2nd & Saturday May 16th, 1:30pm - 5:00pm

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.
- Attendance and participation in the practice sessions is essential to the successful completion of the course.
- Part of the course is online requiring access to a computer or tablet.

Course Prerequisites* (Pre-course Session held first day of class):

The successful candidate must:

- Be 15 years old by the last day of the course (May 19th).
- Jump into deep water, recover to the surface and swim 150 yards continuously using front crawl or breaststroke. Stroke must be with face in the water using good breath control. After swimming 150 yards, tread at the surface without floatation support and using only kick for 2 minutes, followed by swimming an additional 50 yards of front crawl or breaststroke.
- Swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet (minimum), retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with face at or near the surface with both hands on the object using only kick for propulsion & 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 participants who fail to complete the course requirements, **including** the pre-course. Please contact us for a swim test if you are unsure about your ability to complete the above swimming skills. Private lessons are also available to practice precourse skills before the start of the lifeguard training class.

Course Fees:

Members \$395, Program Pass Holders \$435 (includes CPR pocket mask, access to online materials, & Red Cross fees)

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