

Lifeguarding Class

The lifeguarding course is designed help others stay safe in, on, and around the water, help you learn the latest safety and rescue techniques, deliver critical care,-such as CPR, first aid, and AED administration- when it's needed most. It will cover a variety of important skills that can not only help you stay safe and help others enjoy the water safely. Topics, such as rescue and surveillance; response to sudden illness and injuries; care until EMS arrive; prevention and recognition; breathing and cardia emergencies, will be learned through videos, group discussion, and hands-on practice. Participants will engage in teamwork to respond to aquatic emergencies. At the end of the course each participant will have an all-in-one certificate for Lifeguarding/CPR/AED/First Aid that is good for two years.

Prerequisites:

- Be at least 15 years old on or before the first day of class.
- Complete the online learning portion of the course BEFORE class begins.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, swimming on the back or side is NOT allowed. Goggles may be used.
- Tread water for two minutes using only their legs
- Complete a timed event with 1 minute 40 seconds. Goggles are not allowed.
 - Starting in the water, swim 20 yards, surface dive to a depth of 7-9 feet to retrieve a 10-pound object
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they can get a breath.
 - Exit the water without using a ladder or steps.

Fees/Registration:

- Cost \$180 Register online or in person at the Gaukler Family Wellness Center.
- Once registered, participants will receive instructions via e-mail for the Red Cross Online Learning. The online material must be fully completed before the first day of class. Proof of completion will be required before class begins.
- Maximum enrollment: 20

In-Person Class Times:

- Friday, May 16th 5:00pm-8:30pm, Saturday, May 17th 8:00am-5:00pm, Sunday, May 18th 8:00am-5:00pm
- **All Class times and dates are MANDATORY**
- Following registration, those enrolled will get instructions by email for Red Cross Online Learning. All online material must be fully completed before the first day of class. Proof of completion will be required before class begins.