



# Cumming Aquatic Center

## 2023 Fall/Winter Lifeguarding Courses

The Lifeguarding Course is a [Blended Learning Course](#); A combination of online learning and in-person skills session. The online portion of the course MUST be completed prior to the first in-person skills sessions in order to continue with the program. The online portion will be sent via email following registration.



**American  
Red Cross**

### Lifeguard Prerequisites

To be completed on the first day. If failed, candidate will not be permitted to continue with the course and all but \$80 will be refunded.

1. Swim 300 yards continuously
2. Retrieve 10 lb. brick from 7 ft. of water (1 min, 40 sec)
3. Tread water for 2 minutes

\* Must be at least 15 years of age



### American Red Cross Lifeguarding Course

- **Session 1: Aug 11th—13th (\$199)**

Friday, August 11th : 5:30pm – 9:30pm

Saturday, August 12th : 8:00 am – 7:30pm (1 hour lunch break)

Sunday, August 13th : 8:00 am – 7:30 pm ( 1 hour lunch break)

- **Session 2 : Sept 16th—17th \*REVIEW COURSE (\$115)**

Saturday, September 16th : 2:00pm – 8:00pm

Sunday, September 17th : 8:00 am – 7:00pm

**\*Candidate must hold a current ARC Lifeguard certificate to be eligible for the Lifeguard Review Course (must show proof).**

- **Session 3 : Nov 10th—12th (\$199)**

Friday, November 10th: 5:30pm – 9:30pm

Saturday, November 11th: 8:00 am – 7:30pm (1 hour lunch break)

Sunday, November 12th : 8:00 am – 7:30 pm ( 1 hour lunch break)

**\*Candidate must hold a current ARC Lifeguard certificate to be eligible for the Lifeguard Review Course (must show proof).**

### All courses include the following base-level certifications:

Lifeguard, Standard First Aid, CPR/AED for the Professional Rescuer and Administering Emergency Oxygen (valid 2 Years) & Waterpark skills certificate (valid 2 years).

A rescue mask will be provided as part of the course fee.

## Join Our Team!

\*Ask about the **Employee Discount**  
Visit Our Website Or Call For Info