



2025 Lifeguarding Courses



 **American Red Cross**

This **blended** course includes the following base-level certifications: Lifeguarding, Standard First Aid, CPR/AED for the Professional Rescuer, Waterpark skills certificate, and Administering Emergency Oxygen .

Course Dates

- Session 1: Feb 21-23
- Session 2: March 21-23
- Session 3: April 11-13
- Session 4: April 25-27
- Session 5: May 16-18
- Session 6: June 2-4

* this session meets 8am-5pm daily

3-day Course Schedule

*unless stated otherwise

FRI	SAT	SUN
5:30-9:30pm	8am-7:30pm (1 hour lunch)	8am-7:30pm (1 hour lunch)

Course Fee **\$250**

Participants must complete required skills on the first day; failure results in discontinuation and a refund of all but \$80.

1. Swim - Tread - Swim

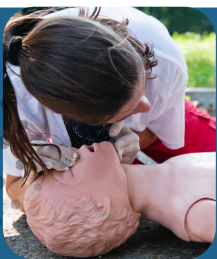
- 150 yard Swim (Free or Breast)
- 2 min Tread (legs only)
- 50 yard swim (Free or Breast)

2. Timed Event

- Swim 20 yards and retrieve a 10lb brick from 7ft of water within 1 min 40 sec.

Minimum age 15 yrs

Blended Learning; A combination of online learning with in-person skills sessions. All online work must be completed before attending the first in-person session.



Join Our Team!

We are currently hiring for part-time positions. Training is offered at a significant discount. Please email us for further information.

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