



# Cumming Aquatic Center

## 2025 Lifeguarding Courses—Fall/Winter

(First Aid/CPR, AED, Oxygen & Water Park included)



### American Red Cross Lifeguarding Course (\$250)

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. All class meeting dates must be attended.

#### Course Dates:

**Session 1 :** August 15th—17th

**Session 2 :** October 24th—26th

**Session 3 :** December 19th—21st

Must be at least 15 years of age. The skills below must be completed on the first day. If failed, the candidate will not be permitted to continue with the course and all but \$80 will be refunded.

#### Course Schedule:

**Friday**  
5:30pm – 9:30pm

**Saturday**  
8:00 am – 7:30pm  
(1 hour lunch break)

**Sunday**  
8:00 am – 7:30pm  
(1 hour lunch break)

#### 1. Swim-Tread-Swim

Swim 150yds	Tread for 2 min	Swim 50 yards
Free or Breast	using legs only	Free or Breast

#### 2. Timed Event

Retrieve a 10 lb. brick from 7 ft. of water  
(1 min, 40 sec). No goggles.



### ARC Lifeguarding Review Course (\$135)

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

#### Session 1: August 9th-10th

Saturday, August 9th: 2:00 pm—8:00 pm

Sunday, August 10th: 8:00 am—7:00 pm

#### Session 2 : November 15th—16th

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

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

## Join Our Team!

\*We offer an  
**Employee Discount**  
for training!  
Email for more info—  
CAC2@cityofcumming.net

