



2026 Fall/Winter 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: Aug 28-30
- Session 2: Oct 9-11

Course Fee **\$295**

Participants must complete required skills on the first day; failure results in discontinuation and a refund of all but \$80. Minimum age 15 years.

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.

3-day Course Schedule

*unless stated otherwise

FRI

5:30-9:30pm

SAT

8am-7:30pm
(1 hour lunch)

SUN

8am-7:30pm
(1 hour lunch)



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 Contact Us via our website for more info.



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2026 Lifeguard Review Courses



American Red Cross

This Review course is a **blended** learning format;
A combination of online learning with in-person skills sessions.
All online work must be completed before attending the in-person session.

Review Course Dates

- Session 1: Sep 19-20
- Session 2: Dec 19-20

Review Course Fee

\$165

Candidates must hold a current American Red Cross Lifeguard certificate to be eligible for the Lifeguard Review Course.

Proof is required.

2-day Review Course Schedule

SAT

2:00-8:00pm

SUN

8:00am-7:00pm



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