



## *American Red Cross*

# Lifeguard Training

### **Courses Offered:**

(Evening Course): Tuesdays and Thursdays, September 21<sup>st</sup> - October 28<sup>th</sup> 6pm-9pm

### **Course Description:**

The successful participant will receive the following:

- American Red Cross Universal Certificate indicating Lifeguarding/First Aid
- American Red Cross Universal Certificate indicating CPR/AED for the Professional Rescuer

### **Course Prerequisites (Pre-course):**

The successful candidate must:

- Be 15 years old by completion of the course.
- Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing\* and a stabilizing, propellant kick.  
\*Rhythmic breathing can be performed by breathing either to the side or front.
  - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Goggles are permitted only during the 300-yard swim.

\*Participants **MUST** successfully complete the Pre-course on the first day of class in order to participate in the class.

Certification is conditional on successfully completing the course requirements. Refunds **will not** be offered to those students who fail to complete the course requirements, including the pre-course.

### **Course Fees**

Swimming and Low Usage Members	\$350
Program Pass Holders	\$380

*Membership or Program Pass registration is required.  
Contact Cornerstone's Front Desk for further registration information.*

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