



American Red Cross Lifeguard Training

Courses:

Monday—Friday, May 19-23: 10AM-6PM

OR

Tuesday-Saturday, June 3-7: 10AM-6PM

OR

Wednesday—Sunday, June 25-29 (10AM-6PM Wed-Sat, 1-8PM Sun.)

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 either by breathing to the side or to the 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 only permitted 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. Refunds **will not** be offered to those students who fail to successfully complete the Pre-course.

Course Fees

Swimming and Low Usage Members	\$259
Program Pass Holders	\$299

Membership or Program Pass registration is required. Contact the Cornerstone Front Desk for further registration information.

Cornerstone Aquatics Center

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