

LIFEGUARD TRAINING

Blended Learning with Water Park skills module

\$130
ENTRY

COURSE OVERVIEW:



American Red Cross Blended Learning Lifeguard Certification is a 25-31 hour course. Blended Learning participants must complete all online materials prior to the start of classes.



Courses provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, & respond to aquatic emergencies.



Water Park Skills module teaches lifeguards to prevent and respond to emergencies in facilities with features such as water slides, lazy rivers, and wave pools.

Must be able to pass the following prerequisites:

1. 15 years of age or older
2. Swim 300 yds, using the crawl and breaststroke. Must be a continuous swim.
3. Complete a timed surface dive in 10ft water, retrieve a 10lb brick and swim 20 yds. on back with no hands.
4. Tread Water non-stop for 2 minutes with no hands

**Course: March 23,24,
30, & 31**
Location: BCC Pool

Course Time:
3/23, 3/30 -- 8am-6pm
3/24, 3/31 -- 1-6pm

Contact US:

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Enrollment Deadline: March 11th