



2011

American Red Cross Lifeguard Training Class Schedule For the Jimmy Floyd Family Center

Lifeguard Training

You must be 15 years old and proficient in the front crawl (freestyle), sidestroke, and breaststroke. Lifeguard training is a 33-hour course, which includes CPR for the Professional Rescuer (CPR/PR) and AED training. In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of life guarding skills, such as surveillance techniques, how to use rescue equipment, and how to manage a suspected spinal injury victim.

These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions, or if you have any questions at all about your ability to participate fully in the Lifeguard Training course, you should discuss it with the appropriate person at your local chapter or unit before you start the course.

To enroll in a Lifeguard Training course, you must be at least 15 years old. There will also be a pre-course session, in which you will be required to pass a skills test. The skills you will perform are as follows:

Swim 300 yards continuously using each of the following 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; 100 yards of either front crawl using rhythmic breathing or breaststroke. This 100 yards may be a mixture of front crawl and breaststroke. NOTE: There is no time requirement for this skill. Prospective participants must show only that they can swim 300 yards using the above strokes without stopping.

Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and 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. NOTE: When returning to the starting point, the candidate must hold the 10-pound object with both hands and must keep his or her face above the water. Recommend to participants that they can do this by swimming on their back using a whip (breaststroke kick on their back) or a rotary (eggbeater) kick.

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid skills, is valid for three years. Along with

the Lifeguard Training certificate, you will also receive a certificate in CPR for the Professional Rescuer and AED training, which is valid for one year.

Class Schedule

2011 Session I

The first class will be February 19th through March 6th. Classes take place on Saturday from 9-5 and Sunday from 1-5 pm. You must attend on each of the following dates and can only miss a class in the case of an emergency. Missed classes must be made up in another class session. The pre-course session is offered Mon. Feb. 14 from 5-6pm and must be taken prior to the class.

- February 19th, 20th, 26th, 27th, March 5th, 6th*

2011 Session II

The first class will be March 14th through 18th. Classes take place Monday through Friday from 9 to 3 every day. You must attend each class and can only miss in the case of an emergency. Missed classes must be made up in another class session. The pre-course session is set for Mon. March 7th from 5-6 pm and must be taken prior to enrollment in the class.

- March 14th-March 18th*

2011 Session III

The first class will be March 26th-April 10th. Classes take place on Saturday from 9-5 and Sunday from 1-5 pm. You must attend on each of the following dates and can only miss a class in the case of an emergency. Missed classes must be made up in another class session. The pre-course session is offered Mon. March 21st, from 5-6pm and must be taken prior to enrollment in the class.

- March 26th, 27th, April 2nd, 3rd, 9th, 10th*

2011 Session IV

The first class will be April 17 – May 01. Classes take place on Saturday from 9-5 and Sunday from 1-5 pm. You must attend on each of the following dates and can only miss a class in the case of an emergency. Missed classes must be made with the instructors' permission and at their discretion. The pre-course session is Mon. Apr. 11th from 5-6pm and must be taken prior to enrollment in the class.

- April 16th, 17th, 23rd, 24th, 30th, May 1st*

*Additional class time may be required and one class period will be conducted at the Gallatin Civic Center for deep water training.

Applications available at the front desk of the Jimmy Floyd Family Center

Lifeguard Training Application