



2012 American Red Cross Lifeguard Training Class Schedule For the Jimmy Floyd Family Center

Lifeguard Training

Skill prerequisites: Candidates must successfully complete the following:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates must demonstrate the ability to swim both the front crawl and breaststroke. Swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds.
 1. Starting in the water, swim 20 yards. Face in or out of water, goggles are not allowed.
 2. Surface dive feet or head first and retrieve a 10 pound object.
 3. Return to surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so as to get a breath. Candidates should not swim underwater.
 4. Exit the water without using a ladder or steps.
- Candidates must be 15 years of age before the end of the course.

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 physical 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 or instructor before you start the course.

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, CPR for the Professional Rescuer and AED training will be valid for a period of two years, at which time you must take a review or challenge course to keep your certification current.

The class schedule follows. You must enroll in one of the four sessions offered and attend all classes in that session. Classes missed as a result of an emergency may only be made up in another class session at the discretion of the instructor.

Class Schedule

2012 Session I - March 2-4 and March 9-11, 2012*

Classes take place on Friday from 6-9pm, Saturday from 9am-5pm and Sunday from 2-5. You must attend each class.

2012 Session II - March 5 through March 11, 2012*

Classes will take place Monday through Friday from 6 to 9pm, Saturday from 9am-5pm and Sunday from 2-5.

2012 Session III - March 12 through March 17, 2012*

Classes will take place Monday through Friday from 9am to 3pm, and Saturday from 9am-5pm.

2012 Session IV - March 23-25 and March 30 – April 1, 2012*

Classes take place on Friday from 6-9pm, Saturday from 9am-5pm and Sunday from 2-5.

*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](#)