American Red Cross
Lifeguard Training

The lifeguard program teaches the skills and knowledge required to prevent and respond to aquatic emergencies. CPR for the Professional Rescuer and First Aid are included. Minimum Enrollment of 6.

This 32 hour course has pre-requisites...

- 15 years of age
- Swim 300 yards continuously in a designated order
- Swim 20 yards, dive 7-10 feet, retrieve a 10 pound object, return to surface, swim 20 yards back within 1 minute and 40 seconds

1st Class: Feb 28th – Mar 1st Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
2nd Class: Mar 9th – 13th (This class runs Mon. – Fri. 9am-4pm)
3rd Class: Mar 13th – Mar 15th Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
4th Class: Mar 27th – 29th Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
5th Class: Apr 3rd – 5th Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
6th Class: May 15th – 17th Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
7th Class: May 22nd – 24th Friday 6pm-10pm, Saturday & Sunday 8am – 6pm*
8th Class: Jun 1st – 5th (This class runs Mon.- Fri. 9am-4pm)

*Blended Learning Format. These courses require a minimum of 7 hours of online material that must be completed before the first class date.