

## AMERICAN RED CROSS

# LIFEGUARD CERTIFICATION

PRESENTED BY THE AMARILLO TOWN CLUB

### **American Red Cross Lifeguard Certification Classes (r.17)**

The newly updated Lifeguarding program trains lifeguard candidates to prevent and respond with speed and confidence to emergency situations both in and out of water.

#### **2018 Lifeguard Class:**

Class #1: March 14-16 W-F 8am-5pm; Instructor: Katy True

Class #2: April 5-8; Instructor: Katy True

Class #3: April 19-22; Instructor: Katy True

Class #4: April 26-29; Instructor: Katy True

Class #5: May 24-27; Instructor: Katy True

Class #6: May 31-June 3; Instructor: Katy True \*Spring Break

Class #7: June Overflow

- All class times will be Thursday and Friday 4:30pm-8:30pm (no lunch break), Saturday 9am-7pm, and Sunday 10am-7pm. There will be a 30 minute lunch break on Saturday and Sunday. The participant **MUST** attend all 4 days. (\*See next page for Class times over spring break)
- A bathing suit will be required all 4 days.
- Class fee is \$130 if the participant registers by April 30th. Fee will go up to \$150 on May 1st. (Unless employed by ATC)
- For a class to be held a minimum of 6 participants must be registered; Class Limit is 16.
- Upon successful completion participants will receive certifications in American Red Cross Lifeguarding/First Aid/CPR/AED for the Professional Rescuer, which is all valid for 2 years.

#### **2018 Lifeguard Recertification Class:**

*(Must have previously been Red Cross Lifeguard Certified)*

Class #1R: March 15-16 Th-F 8am-5pm; Instructor: Amy Mitchell

Class #2R: April 7-8; Instructor: Amy Mitchell

Class #3R: April 28-29; Instructor: Amy Mitchell

Class #4R: May 12-13; Instructor: Katy True (ATC Employees only)

Class #5R: June 2-3; Instructor: Amy Mitchell (ATC Employees only)

- All class times will be Saturday 9am-7pm, and Sunday 10am-7pm. There will be a 30 minute lunch break on Saturday and Sunday.
- All class times will be as listed. The participant **MUST** attend both days.
- A bathing suit will be required both days.
- Class fee is \$85 if the participant registers by April 30th. Fee will go up to \$95 on May 1st. (Unless employed by ATC)
- For a class to be held a minimum of 6 participants must be registered; Class Limit is 20.
- Upon successful completion participants will be recertified in American Red Cross Lifeguarding/First Aid/CPR/AED for the Professional Rescuer, which is all valid for 2 years.

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#### **Prerequisites:**

- Be at least 15 years old by the last day of the class
- Swim 300 yards continuously with side breathing
- Tread water for 2 minutes using only legs
- Complete a timed event within 1 minute and 40 seconds
  - Starting in the water, swim 20 yards
  - Surface dive and retrieve a 10lb object from 7 feet of water
  - Surface swim 20 yards on back with both hands holding object
  - Exit water without using ladder or steps

