

RED CROSS LIFEGUARD Certification Class

(Based on Red Cross Revision 2017 Standards)



Where: Dunkirk High School Pool

Dates: See Below (Class is 29 hours in length)

Cost: \$285 (includes Lifeguard Book, CPR mask and Red Cross Certification fee)

Prerequisites

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating **breath control** and **rhythmic breathing**. Candidates may swim using the **front crawl**, **breaststroke** or a combination of both, but swimming on the back or side is not allowed. **Swim goggles may be used.**
3. Tread water for 2 minutes, **using only the legs**. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - o Starting in the water, swim 20 yards. **Swim goggles are not allowed.**
 - o Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - o Return to the surface and swim 20 yards on the back to return to the starting point with **both** hands holding the object at the surface and keeping the face at or near the surface so they are able to get a breath.
 - o Exit the water without using a ladder or steps.



Certification Requirements

Candidates must:

- Attend the **entire** course and participate in **all** class sessions. Candidate must also be prepared for each class, having completed reading assignments and will have lifeguard manual, CPR mask, swimsuit and towel at each session.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%.



Dates:

Tuesday, April 25: 6:00 – 9:00 PM (Prerequisite)

Friday, April 28: 5:00 – 10:00 PM

Sunday, April 30: 2:00 – 6:00 PM

Saturday, May 6: 4:00 – 8:00 PM

Saturday, April 29: 4:00 – 8:00 PM

Friday, May 5: 5:00 – 10:00 PM

Sunday, May 7: 2:00 – 6:00 PM

To Register:

Call Nancy Jopek, Red Cross Lifeguard Instructor at
(716) 326-4028

Registration Deadline: Sunday, April 23

Maximum Participants: 8 Minimum Participants: 4

