

Lifeguard Training Spring Break 2023

Dates & Times

Saturday, March 25th
10-11AM

Activities

Pre-course Swim

Assignments Due

Bring in Proof of Age (State ID or Birth Certificate)

Monday, April 3rd
8-12PM

Introduction to Course
Entries and Approaches
Water Skills

Complete the Blended Learning **BRING IN COMPLETION RECORD**
Chapters 1-6

Tuesday, April 4th
8-12PM

Water Skills
Rescue Breathing
Start CPR/First Aid

Review Online
Review Chapters 5-6
Read 7-10

Wednesday, April 5th
8-12PM

CPR & First Aid
Choking

Review Water Skills
Videos/Book
Review Chapters 7-10

Thursday, April 6th
8-12PM

Spinals, Extrication, and
Review

Review water skills videos
Chapters 11

Friday, April 7th
8-12PM

Review

Review the book and videos
before class

Saturday, April 8th
9-12PM

Final Test Day

Review the book and videos
before class

*Subject to change throughout the course

<u>Cost</u>	<u>Member</u>	<u>Non-Member</u>
Precourse Fee	\$ 20.00	\$ 20.00
Course Fee	\$199.00	\$227.00
Red Cross cards	\$ 42.00	\$ 42.00

Sales tax will be added at time of registration.

Blended Learning

This is an American Red Cross Lifeguarding Blended Learning course. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Once you pass the pre-course swim you will be emailed a link to the Red Cross Learning Center. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours.

Materials for Class

Participants must order their own current version (2017) of the Lifeguard Training Manual & an Adult CPR training mask prior to the first day of class from redcross.org or other online sources (prices may vary). Price does not include tax or shipping.

Participants will also need a swim suit for class. Girls will need a one piece or full coverage two-piece and for guys swim trunks.

Lifeguard Manual: \$34.99

CPR Pocket Mask: \$11.25

