



# Norwalk Parks & Rec | American Red Cross

## Lifeguard Training & Deep Water Recertification



**To Qualify:** Candidates must register and pass both prerequisite events with no more than two attempts. *Event one* is a sequence: 150-yard swim – 2-minute tread (only legs) – 50 yd swim. *Event two* is a timed 20-yard swim, 10-pound item retrieval (deep end of the Competition Pool) with an additional swim using only the legs (maintaining hands on object). Must be able to exit from the side of the pool. Unsuccessful candidates will be dismissed; Candidates will not be taught on site. Practice is encouraged prior to attempt.

### [Blended] Lifeguard Course Information

- +15 years old by the final scheduled session date
- All new candidates must pass a prerequisite scheduled AT LEAST one week prior to their course to ensure successful completion of online modules prior to first in-person course. The online session has 16 modules (~6 hours to complete)
- *Must attend all session times/dates as listed below.*
- **NO EXCEPTIONS**

#### Lifeguard Session One

- Saturday April 26<sup>th</sup> 9-5p
- Sunday April 27<sup>th</sup> 9-5pm
- Saturday May 3<sup>rd</sup> 9-5pm

#### Lifeguard Session Two

- Sunday May 4<sup>th</sup> 9-5pm
- Saturday May 10<sup>th</sup> 8-4pm
- Sunday May 11<sup>th</sup> 9-5pm

#### Lifeguard Session Three

- Saturday May 24<sup>th</sup> 9-5pm
- Sunday May 25<sup>th</sup> 8-4pm
- Saturday May 31<sup>st</sup> 9-5pm

#### Lifeguard Session Pricing

- \$200 \*paid AFTER successful pre-requisite

### Recertification Training Info (Instructor Led)

- Participants must hold a current certification, or expired by no more than 30 days (ARC training that included deep water 7 feet or deeper)
- Participants must complete a prerequisite on or before their first scheduled class day.
- Register at the front desk and coordinate a time with the lifeguard instructor prior to session for day-of prerequisites. Completion is required to participate in session.
- *Must attend all session times/dates as listed below.*
- **NO EXCEPTIONS**

#### Recertification Session One UPDATED 4.14.25

- Saturday May 3<sup>rd</sup> 8-1:30pm
- Sunday May 4<sup>th</sup> 12-5pm

#### Recertification Session Two UPDATED 4.14.25

- Saturday May 17<sup>th</sup> 9-3pm
- Sunday May 18<sup>th</sup> 12-5pm

#### Recertification Pricing

- \$100 \*paid AFTER successful pre-requisite

- **Completion of either course will result in a 2-year certification in Lifeguarding, First Aid, CPR and AED.**
- **Unsuccessful candidates are not entitled to credits or refunds; efforts will be made to assist when possible**

SEE ADDITIONAL PAGE OR VISIT [NORWALKREC.COM](http://NORWALKREC.COM) FOR PREREQUISITE FAQ, HIRING INFO AND MORE

**Prerequisite Registration:** Call or sign up at the front desk

**For additional information and scholarship availability:**

Carissa Link, Aquatics Coordinator | Ernsthausen Recreation Center 100 Republic St, Norwalk, OH 44857

[clink@norwalkoh.com](mailto:clink@norwalkoh.com) (419) 663-6775 ext. 1030



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- **New Lifeguards:** the blue rounded shape (left side on front page) lists three blended courses for new lifeguards.
- **Recertification:** the red box (right side of front page) offers two courses for current lifeguard recertifications.
- **These are not introductory course:** Swimming competency and endurance are expected and required to ensure participants can endure the session duration.
- Resting between consecutive laps, touching the ground or holding onto sides during events is unacceptable.
- **Contacts or glasses are permitted** throughout the session. Unless otherwise noted, goggles are not permitted.
- **About Prerequisite 1:** Swim 150 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl (freestyle), breaststroke, or a combination of both but swimming on the back or side is not allowed. Candidates will stop at the deepest point of the pool (11 ft 6 in) and maintain position at the surface of the water for 2 minutes by treading while only using the legs. Then candidates will swim an additional 50 yards with the same requirements as before. Goggles are permitted during this event.
- **About Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds. Participants will swim 20 yards, surface dive to the deepest point (11 ft 6 in) of pool and retrieve a 10-pound object. Return to the surface and swim back to the starting point on the back using only the legs to kick. Hands must remain on the object. Exit the water using the side of the pool. Goggles are not permitted during this event.

### Lifeguard AND/OR Recertification Prerequisite Dates:

- Tuesday April 15<sup>th</sup> at 7pm
- Thursday April 17<sup>th</sup> at 7pm
  - Latest date to participate in Lifeguard Session ONE)
- Tuesday April 29<sup>th</sup> at 7pm
- Thursday May 1<sup>st</sup> at 7pm
  - Latest date to participate in Lifeguard Session TWO and Recertification Session ONE
- Tuesday May 13<sup>th</sup> at 7pm
- Thursday May 15<sup>th</sup> at 7pm
  - Latest date to participate in Lifeguard Session THREE or Recertification Session TWO

### Additional Recertification Prerequisite Dates:

- Saturday May 3rd at 7:30am (to complete before or during day one of session one as time allows)
- Saturday May 17<sup>th</sup> at 8:30am (to complete before or during day one of session two as time allows)

**We are HIRING!** Candidates interested in working at the Ernsthansen Aquatic Center must fill out a job application found at the front desk or online at [www.NorwalkRec.com](http://www.NorwalkRec.com). It must be submitted at the time of registration to be considered for discounts in classes.

### A Note from the Aquatics Coordinator

We are looking for motivated and reliable individuals who want to join our staff! The Rec has been a foundation and staple for community members and area swimmers for many years of **recreation** and **fitness** AS WELL AS **swim lessons** and **competition**, but our staff continues to be an integral part of our success.

Looking for a meaningful part-time day job, first job, or after school work with exceptional staff and support? I'd love to have you on my team!  
~Carissa

### **\*\*Perks of Working at the Rec\*\***

- \*Year-round employment
- \*Flexible scheduling
- \*Lifeguards start at \$11 per hour
- \*Free Personal Rec Pass
- \*Discounts for Family Passes
- \*Seasonal leadership opportunities (Head Guard)
- \*Lifeguarding certifications look GREAT on resumes
- \*Letters of recommendation and references from leadership for college applications or future employers
- \*We provide the suit, whistle, and a tank top

### For additional information and scholarship availability:

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