



# American Red Cross Lifeguard Training



## Lifeguarding Course

*This course is offered in the blended learning format, unless otherwise noted. Students will complete a portion of the material online at home, before and between in-person sessions. Dates and times listed for in-person sessions require attendance, no exceptions. At successful completion of the course, participants will earn a two-year certification in Lifeguarding, First Aid, CPR, and AED. Unsuccessful participants will not be entitled to any credits or refunds; efforts will be made to assist when reasonable & possible.*

## The Pre-Requisite

*Each participant must successfully pass each event using no more than two attempts. Unsuccessful candidates will be dismissed from the pre-requisite. Candidates must show comfort in the water and a familiarity in the strokes. Strokes will not be taught on site. Practice should be completed on own.*

### Pre-Requisite Event 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.

### Pre-Requisite Event 2

Complete a timed event within in 1 minute, 40 seconds. Goggles are not permitted during this event. 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.

### JUNE SESSION

**CALL:** 419-663-6775 x1030

- To schedule Pre-Req **BEFORE 5/29**

**CLASSES:** Tues 6/2 - Fri 6/5 12-5:30PM

**COST:** \$200 \*no payment taken BEFORE the pre-req\*

**\*\*SUBSTANTIAL DISCOUNTS FOR THOSE APPLYING TO GUARD AT THE REC!!\*\***

***We are HIRING!*** Candidates interested in working at the Ernsthausen 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.

#### **For additional information and scholarship availability:**

Carissa Link | Aquatics Coordinator  
clink@norwalkoh.com 419-663-6775 ext. 1030

### 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 \$11.50 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