



# American Red Cross Lifeguarding and Lifeguarding Review



## 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.*

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## Lifeguarding Review Course – will be integrated into the MAY course offering of lifeguarding.

*This will be an in-person only offering with required attendance to all below listed dates and times, no exceptions. Students will review the core components of the full course. Passing of the pre-requisite is expected and not assumed. The final assessment for successful completion will include two physical skills components and receiving at least an 80% on both written exams. Students should bring their own resuscitation mask and a current American Red Cross Lifeguard certificate; it may be expired but by no more than 30 days. At the successful completion, students will receive another Lifeguarding certificate good for two years including CPR, AED, and First Aid.*

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## 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 300 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. Goggles are permitted during this event.

### Pre-Requisite Event 2

Tread water for 2 minutes using only the legs. Candidates should place their hands under their arm pits. Heads must remain out of the water for the full 2 minutes.

### Pre-Requisite Event 3

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 6in) 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.

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## **SPRING SESSION I**

**Registration:** thru Mon March 20, 2023

**To Register:** email [mchurch@norwalkoh.com](mailto:mchurch@norwalkoh.com)

**Pre-Requisite:** Monday, March 20 @ 6pm

**Cost:** \$260 \*no payment is taken BEFORE the pre-req\*

**In-person Classes:** Saturdays & Sundays

3/25, 3/26, 4/1 & 4/2

Sat 10a-4p | Sun 1-6pm

*For candidates interested in working at the Ernsthausen Aquatic Center, please 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:**

Mary Church, Aquatics Coordinator

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

## **SPRING SESSION II**

**Registration:** thru Mon May 8, 2023

**To Register:** email [mchurch@norwalkoh.com](mailto:mchurch@norwalkoh.com)

**Pre-Requisite:** Monday, May 8 @ 6pm

**Cost:** \$260 \*no payment is taken BEFORE the pre-req\*

**In-person Classes:** Saturdays & Sundays

5/13, 5/14, 5/20 & 5/21

Sat 10a-4p | Sun 1-6pm

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

\*Year Round

\*Flexible Scheduling

\*Lifeguards start at \$11 per hour

\*Free Personal Rec Pass

\*Discounts for Family Passes

\*Lifeguarding certifications look GREAT on resumes and college applications

\*We LOVE our team members

\*We provide the suit, whistle, and tank top

**Just ask any one of our staff members!**