



# American Red Cross Lifeguarding



## 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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## 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.

### Fall Session

**Registration:** thru Wed Nov 13<sup>th</sup>, 2024

**To Register:** Visit or call the Rec Front Desk  
(419) 663-6775 ext. 0

**Pre-Requisite:** Wed, Nov. 13<sup>th</sup> & Thurs, Nov. 14<sup>th</sup>  
from 4:00 - 6:00 pm

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

**In-person Classes:** Saturday, Sunday  
11/16                      11/17  
Sat 12:00-6:00 pm | Sun 12:00-6:00 pm

*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:**

Ian Berry, Recreation Director  
[iberry@norwalkoh.com](mailto:iberry@norwalkoh.com) 419-663-6775 ext. 1022

**\*\*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!**