



Deep Water Lifeguard Training

Course Information

American Red Cross Lifeguard Blended Learning combines online learning with in-person skill sessions. The prerequisite events must be completed before registering for this class. Please contact the Aquatics Coordinator for an appointment. To obtain a certification, participants must attend all in-person classes. This class should have a minimum of 5 participants. Course fee is \$200. Scholarships available for anyone applying for employment at Norwalk Parks and Rec Ernsthausen Aquatics Center.

Qualifications and Prerequisite Events

To Qualify: Candidates must schedule and pass both prerequisite events with no more than two attempts. Participants must be 15 years or older by the last session date. Event one is a sequence: 150-yard swim – 2-minute tread (no arms) – 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). Candidates must be able to exit from the side of the pool. Candidates will not be taught on site; unsuccessful candidates will be dismissed. Independent practice is encouraged prior to attempt.

Session #	Date	Time	Location
1	Monday 12/15 through Saturday 1/17 *Registration Required for Prerequisite	20-60 minutes	Pool – Prerequisite swim skills
2	Complete modules by session three	About 6.5 hours	Online – 16 module blended learning
3	Sunday January 18th* *Course fee due	12-6pm	Pool Classroom
4	Sunday January 25th	12-6pm	Classroom Pool
5	Sunday February 1st	12-6pm	Pool Classroom
6	Sunday February 8th	12-6pm	Classroom – Final written exam Pool – Review, final skill assessments

Completion of this 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.

For additional details, visit www.norwalkrec.com

Prerequisite Registration: see below

Opening and Saturday guards wanted!

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.

Applications must be submitted before 1/17/26 to be considered for discounts in classes. Lifeguards start at \$11.50/hr

For additional information and registration:

Carissa Link, Aquatics Coordinator | 100 Republic St., Norwalk, OH 44857

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