



# American Red Cross Lifeguarding Course

## Offered at the Indoor Aquatic Center

195 North Center Street, Lava Hot Springs, ID 83246

### **APRIL LIFEGUARD COURSE**

*Total of 29 hours over 7 classes; mandatory 100% attendance (remediation available).*

- 1. Prerequisite skills test, April 17<sup>th</sup> 6:30-8:30pm**
- 2. April 19<sup>th</sup>, 5-8pm**
- 3. April 21<sup>st</sup>, 5-9pm**
- 4. April 22<sup>nd</sup>, 12-6pm**
- 5. April 26<sup>th</sup>, 5-8pm**
- 6. April 28<sup>th</sup>, 5-9pm**
- 7. April 29<sup>th</sup>, 12-7pm**

### **MAY LIFEGUARD COURSE**

*Total of 29 hours over 7 classes; mandatory 100% attendance (remediation available).*

- 1. Prerequisite skills test, May 1<sup>st</sup>, 6:30-8:30pm**
- 2. May 3<sup>rd</sup>, 5-8pm**
- 3. May 5<sup>th</sup>, 5-9pm**
- 4. May 6<sup>th</sup>, 9am-3pm**
- 5. May 10<sup>th</sup>, 5-8pm**
- 6. May 12<sup>th</sup>, 5-9pm**
- 7. May 13<sup>th</sup>, 9am-4pm**

### **PREREQUISITE SKILLS**

- Must be at least 15 years old by the **FINAL** day of the course.
- Must demonstrate comfort in deep water and be able to swim 300 yards continually using front crawl and breast stroke.
- Within 1 minute 40 seconds, swim 20 yards, retrieve a 10 pound brick from deep water (without goggles), then return the brick to the starting point while swimming on candidate's back, and not let the brick submerge once brought out of the water; then exit the water without using a ladder or stairs.
- Must be able to tread water for 2 minutes using only legs (hands in armpits).

### **Cost**

- \$150/ candidate: Includes pool time, testing/ certification fees, hip pack, CPR mask, and class manual.
- First year Guards that obtain a job at our facility will be eligible for a \$100 refund at the end of the summer (based on job performance).

### **Other Info**

- Upon successful completion of this course, candidates will be certified in CPR, AED use, first aid, oxygen administration, and lifeguarding. Valid nationwide for 2 years.
- We understand that some candidates may have extracurricular activities, but attendance is **MANDATORY!** If neither class schedule works for you, let the instructors know and we will try to work something out.

**Contact instructors regarding any questions. Pre-registration is preferred.**

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