



# American Red Cross December 2022 Lifeguard Training & Recertification

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. There is a minimum age of 15 years old by the last day of the class.

The following pre-requisites must be fulfilled:

- Swim 300 yards continuously
- Tread water for 2 minutes
- Starting in the water, the participant must be able to swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit water without using a ladder or steps within 1 minute, 40 seconds
- No refunds will be given for failure of pre-requisite requirements.
- **All course dates must be attended in order to pass the course**

The December course will be offered: December 3-4; 10-11, 2022

**Registration deadline: Monday November 28th**

Saturday 12/3 11:30 - 4:30 pm

Sunday 12/4 10:00 - 4:00 pm

Saturday 12/10 11:30 - 4:00 pm

Sunday 12/11 10:00-4:00 pm

**\*Re-certification held on Sunday December 11th from 10:00-4:00pm**

**\*Holiday Season Discounted Price(\$150)**

**\*All classes will be held at the Dover Indoor Pool**

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Cost Full Course \$150

Re-certification Cost: \$60.00

***\*Any COVID related cancelations will be carried over to our next scheduled course***

***\*No refunds will be given***



**American  
Red Cross**