



Red Cross Lifeguard Courses

Offered by Blue Eagle Swim Team

Certified Instructors - Matthew Ellis and Macawley Brown

▶ **NEW Lifeguard Certification**

The American Red Cross Lifeguard Training provides participants with hands-on practice, lessons in teamwork, rescue and surveillance skills. Successful completion results in a two year certification that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Lifeguard requirements:

- At least 15 years old
- Can swim continuously 300 yards
- Can tread water for 2 minutes using only legs
- Can complete a timed event of 1 minute and 40 seconds -
Swim 20 yards, surface dive to depth of 7-10 feet and retrieve a 10.lb object. Return to surface and swim 20 yards on the back to return to the starting point. Exit water without using ladder or steps.

This course will be a blended learning course. Completion of an online portion through the American Red Cross website will be required in addition to the live multi-day portion of the training. A link to the online portion will be supplied when you register for the course.

Course days/times:

Thursday and Friday April 15th & 16th 5pm-8pm plus Saturday and Sunday April 17th & 18th 8am-2pm

Cost \$350

▶ **RENEWING Lifeguard Recertification**

This course is specifically for certified lifeguards who need to renew their current certification. This course will require you to attend the CPR/First Aid/AED portion and the water test.

Saturday May 22nd - 8am-2pm

Cost \$175

▶ To sign up

visit blueeagleswimteam.org

Click the Lifeguard Class Button found on the homepage
