

PRE-COURSE REQUIRED

LIFEGUARD CANDIDATES

American Red Cross Lifeguarding Certification

Become certified in lifeguarding, CPR/AED, and first aid. Training includes essential water rescue, safety, and emergency response skills. Upon successful completion of the course, participants will be certified for two years by the American Red Cross in Lifeguarding/First Aid/CPR/AED

WINTER/SPRING 2027 COURSES

JANUARY 15-17
SESSION 1: Fri - 4:00PM
SESSION 2 & 3: Sat & Sun-8:00AM

FEBRUARY 26-28
Session 1: Fri 4:00PM
SESSION 2 & 3: Sat & Sun -8:00AM

MARCH 19-21
SESSION 1: Fri 4:00PM
SESSION 2 & 3: Sat & Sun -8:00AM

APRIL 9-11 OR APRIL 23-25
SESSION 1: Fri 4:00PM
SESSION 2 & 3: Sat & Sun -8:00AM

*ALL SESSIONS ARE IN PERSON



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WINTER/SPRING 2027 COURSES RE-CERTIFICATION

MARCH 20
SESSION SAT - 8:00AM

MAY 1
SESSION SAT - 8:00AM

APRIL 17
SESSION SAT - 8:00AM

*ALL SESSIONS ARE IN PERSON

PRE-COURSE DATES

COST $25

JANUARY 2nd 9:00 AM
JANUARY 17TH 5:30 PM
FEBRUARY 4TH 5:30 PM
FEBRUARY 13TH 9:00 AM
MARCH 4TH 5:30 PM
MARCH 20TH 9:00 AM
APRIL 1ST 5:30 PM
APRIL 17TH 8:00 AM

PRE-COURSE MUST BE COMPLETED TO SIGN UP FOR 1ST TIME LIFEGUARD REGISTRATION

Pre-Course Incudes a Swim-Tread-Swim Sequence (150/50 yards)
and
Timed: Swim, Surface Dive, 10 lb Brick Retrieval,
Swim and Exit Event