



2023 LIFEGUARD CERTIFICATION CLASS

PARDS offers Red Cross Lifeguard certification classes with a certified Instructor. This course also includes CPR/AED and First Aid training. YOU MUST attend EVERY CLASS in your session, as make up dates will not be given.

ONLY SESSION: (April 10th-13th, Spring Break)
Monday, April 10th: 9:30AM-4:30PM
Tuesday, April 11th: 9:30AM-4:30PM
Wednesday, April 12th: 9:30AM-4:30PM
Thursday, April 13th: 9:30AM-Until Complete

Requirements to Lifeguard:

- You must be at least 15 years old to take this lifeguarding course.
- Those under the age of 18 must have parental consent to participate in lifeguarding class.
- Must be able to tread water for 2 minutes (legs only)
- Swim 300 yards continuously using front crawl (freestyle) and/or breaststroke
- Starting in the water, 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 the water without using a ladder or steps – within 1 minute, 40 seconds.

Class INFO:

- Bring a towel, swimsuit, and sweatshirt (you will be getting in and out of water, so it can be cold)
- You will have a lunch/dinner break every day for 45 min, so you can bring your lunch or you may leave to go get something to eat during this time.

Certification Requirements

- 100% participation in all classes and activities
- Successfully perform all practical skills
- Score 80% or higher on all written exams

Course Costs:

\$125.00

*Payment is DUE on 1st day of class.

*There will be NO refunds for this
course.

If you have any questions you may email Courteney Stevens,
Aquatics Director @ pardscfs@yahoo.com

