



2025 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 14th-17th, Spring Break)
Monday, April 14th: 9:30AM-4:30PM
Tuesday, April 15th: 9:30AM-4:30PM
Wednesday, April 16th: 9:30AM-4:30PM
Thursday, April 17th: 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.
- Complete a swim-tread-swim sequence without stopping to rest:
 - Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
 - Maintain position at the surface of the water for 2 minutes by treading water using only the legs
 - Swim 50 yards using the front crawl, breaststroke or a combination of both
- Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
 - Surface dive (feet-first or head-first) to a depth of 7 - 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
 - Exit the water without using a ladder or steps.

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

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

Course Costs:

\$125.00

*Payment is DUE on 1st day of class.

*NO CASH

*There will be NO refunds for this course.

