

SUSSEX ACADEMY AQUATIC CENTER

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21150 Airport Road Georgetown, DE 19947 302-856-7805



**American
Red Cross**

Lifeguard Certification: \$375 (due by 1st day of class)

Lifeguard Recertification: \$200 (due by 1st day of class)

2024 Class Dates:

What to bring to the water session:

Swim suit, extra towels, warm up gear, snacks and lunch/beverages

March-June, 2024 Dates on other side

Recertification participants are required to attend only the Saturday session. Your ARC LG Certification cannot have expired more than 30 days prior to the start of the course.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a **prerequisite skills evaluation** by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your 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 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur **prior** to the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class. **Please email lydia.schmierer@saas.k12.de.us for prerequisite available dates and times**

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation.

To successfully complete the course, **you must complete the online learning prior to the first class**. Also, attend the entire course, participate in all skill sessions/ drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact me to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

American Red Cross Lifeguard Class dates for 2024

Tuesday, April 2	4-6pm	Prerequisites & Course Introduction
Thursday, April 4th	11a-2p	CPR/1st Aid
Saturday, April 6th	8a-2p	Water skills and tests

Tuesday, May 7th	4-6pm	Prerequisites & Course Introduction
Saturday, May 11th	8a-6p	CPR/1st Aid, water skills and tests

REVISED 4/15/24:

Tuesday, June 4th	4-6pm	Prerequisites & Course Introduction
Saturday, June 8th	8a-6p	CPR/1st Aid, water skills and tests

Tuesday, August 27th	12-6pm	Prerequisites & Course Introduction
Thursday, August 29th	12-6pm	CPR/1st Aid, water skills and tests

Tuesday, October 15th	4-6pm	Prerequisites & Course Introduction
Saturday, October 19th	8a-6p	CPR/1st Aid, water skills and tests

Tuesday, December 10th	4-6pm	Prerequisites & Course Introduction
Saturday, December 14th	8a-6p	CPR/1st Aid, water skills and tests