

# American Red Cross Lifeguarding Classes

## For New Certification

### Class 1

March 20<sup>th</sup> 5PM – 9PM  
March 21<sup>st</sup> 8AM – noon & 1PM – 5PM  
March 22<sup>nd</sup> 8AM – 2PM w/ quick lunch

### Class 2

March 27<sup>th</sup> 5PM – 9PM  
March 28<sup>st</sup> 8AM – noon & 1PM – 5PM  
March 29<sup>th</sup> 8AM – 2PM w/ quick lunch

## For Recertification

March 20<sup>th</sup> 5PM – 9PM  
March 21<sup>st</sup> 1PM – 5PM  
March 22<sup>nd</sup> 8AM – 2PM w/quick lunch

March 27<sup>th</sup> 5PM – 9PM  
March 28<sup>th</sup> 1PM – 5PM  
March 29<sup>th</sup> 8AM – 2PM w/quick lunch

## Class 3 POSSIBILIY ONLY - (this class will be scheduled if the other classes fill up and needed... so do not depend on it)

April 3<sup>rd</sup> 5PM – 9PM  
April 4<sup>th</sup> 8AM – noon & 1PM – 5PM  
April 5<sup>th</sup> 8AM – 2PM w/ quick lunch

April 3<sup>rd</sup> 5PM – 9PM  
April 4<sup>th</sup> 1PM – 5PM  
April 5<sup>th</sup> 8AM – 2PM w/quick lunch

**NOTE:** All ending times are approx. as they depend on the number of students/times needed for skills. Those recertifying need to have their book and mask with them.

**Cost:** Those working for Chautauqua Pool is free.  
Those outside Chautauqua Pool: New Certification: 200.00 includes book and mask  
Recertification: 75.00 will need to bring your book and mask  
Payment must be made before deadline to secure your spot

**Deep Water Test-Out:** due to the depth of the Wellness Center Pool your final test will be in May once Chautauqua Pool opens. *Dates will be discussed at your class.*

## **Requirements:**

- Must attend all dates and times of the scheduled class – **NO EXCEPTIONS**
- This is a blended learning class so outside work will be required to be completed
- Swimming Pre-requisites – First thing - MUST completed to continue in the class
  - Swim 300 yards (6 laps at the Wellness Center) without stopping using the American Crawl or Breaststroke
  - Tread water for 2 minutes without using your arms
  - Swim 25 yards to retrieve a 10lb brick, then return to the side and get out of the pool

**Other:** This is a 2-year certification  
There is a minimum and maximum for these classes so sign up early  
Need to be 15 years of age on or before the last day of the class.

## **To Register:**

Call Lynn at the Parks and Recreation Office 785-738-2270 or email: [millerparks@nckcn.com](mailto:millerparks@nckcn.com)