

## 2024 American Red Cross Lifeguard Course Guidelines and Schedules

Aquatic Management of Indianapolis offers American Red Cross courses certification in Lifeguarding which includes First Aid and CPR/AED. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. Successful course completion requires **100% participation** in online, classroom, and skill sessions, as well as successful performance in skill and knowledge evaluations. **If you miss any classes, there are no make-ups and substitutions will not be permitted.**

Certification is valid for 2 years participants **must be at least 15 years of age before the last day of class. Please provide a picture ID on the first day of the Course.**

**All classes are “Blended Learning” courses – participant must complete (and pass) The American Red Cross On-Line Modules at least 24 hours prior to attending the in-person classes. (Not the Pool Management Group Online Training)**

### Pre-Course Requirements:

#### Lifeguarding Class:

##### Swim-Tread-Swim Sequence

■Swim 150 yards using the front crawl, breaststroke or a combination of both. -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.

##### Timed Event – Completed in 1 minute, 40 seconds

■Starting in the water, swim 20 yards. -Swim goggles are not allowed. ■Surface dive to a depth of 7 to 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 at or near the surface. ■Exit the water without using a ladder or steps.

#### Shallow Water Lifeguard Class:

##### Swim-Tread-Swim Sequence

■Swim 50 yards using the front crawl, breaststroke or a combination of both. - Swim goggles are allowed. ■Maintain position at the surface of the water for 2 minutes by treading water using only the legs, floating, or both. ■Swim 50 yards using the front crawl, breaststroke or a combination of both.

##### Timed Event – Completed in 50 seconds

■Starting in the water, swim 20 yards. -Swim goggles are not allowed. ■Submerge to a depth of 4 to retrieve a 10-pound object. ■Return to the surface and walk or swim 20 yards to return to the starting point, holding the object at the surface with both hands. ■Exit the water without using a ladder or steps.

### To Register: **(Classes are limited to employees only)**

Visit indianapolis-pmg.com and click on Lifeguard Certification. Accept the terms and the schedule will appear. Choose your class.

### Dates, Times, and Locations:

#### Class options:

1. April 13-14  
Class Times: Saturday from 10 a.m. to 8 p.m. Sunday from 8:30 a.m. to 7 p.m.  
Location: Lawrence North High School
2. April 20-21  
Class Times: Both days 8:30 a.m. to 7:30 p.m.  
Location: North Central High School
3. April 27-28  
Class Times: Both days 8:30 a.m. to 7:30 p.m.  
Location: North Central High School
4. May 4-5  
Class Times: Both days 8:30 a.m. to 7:30 p.m.  
Location: North Central High School
5. May 11-12  
Class Times: Both days 8:30 a.m. to 7:30 p.m.  
Location: North Central High School
6. May 18-19  
Class Times: Both days 8:30 a.m. to 7:30 p.m.  
Location: North Central High School

#### School Address

North Central High School, 1801 E 86<sup>th</sup> St, Indianapolis, IN 46240  
Lawrence North High School, 7802 Hague Rd, Indianapolis, IN 46256

#### Lifeguard Class Fees:

\$50.00 Deposit- for employees

Payable at time of registration only

Employees must pass the American Red Cross Lifeguard Course and work through the end of the season to receive their \$50 deposit back.

Once you have paid the deposit for the Lifeguard class, you have reserved your spot in the class. There will be **NO REFUNDS** for any reason. If you do not pass the prerequisite there will be **NO REFUNDS**. Aquatic Management of Indianapolis reserves the right to cancel a class due to lack of enrollment. If this occurs, you will be offered first choice in the next available class.

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## 2024 American Red Cross Lifeguard Recertification

**Lifeguard Recertification is a “Blended Learning” course – participant must complete (and pass) The American Red Cross On-Line Modules at least 24 hours prior to attending the in-person classes. (Not the Pool Management Group Online Training)**

### **Recertification Courses Dates and Times:**

1. April 28  
Class Times: 9:00 a.m. to 6:15 p.m.  
Location: North Central High School
2. May 5  
Class Times: 9:00 a.m. to 6:15 p.m.  
Location: North Central High School
3. May 12  
Class Times: 9:00 a.m. to 6:15 p.m.  
Location: North Central High School

### **To Register: (Classes are limited to employees only)**

Visit indianapolis-pmg.com and click on Lifeguard Certification. Accept the terms and the schedule will appear. Choose your class.

### **Lifeguard Recertification Class Fees:**

\$50.00 Deposit- for employees

Payable at time of registration only

**Employees must pass the American Red Cross Lifeguard Course and work through the end of the season to receive their \$50 deposit back.**

### **Certifications**

American Red Cross Recertification Lifeguard Training includes First Aid and CPR/AED

**(Must have a valid Red Cross Lifeguard Certification)**

Certification is valid for 2 years.