

2023 American Red Cross Lifeguard Course Guidelines and Schedules

Aquatic Management of Indianapolis offers a variety of American Red Cross courses throughout the year for certification in Lifeguarding, First Aid & CPR/AED for Lifeguards. 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.** You must re-register and pay to attend another class. **Please provide picture ID on the first day of the Course.**

Due to the nature of the skills in this course, you will participate in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Covid-19 Protocols

Aquatic Management of Indianapolis will ask that you bring a mask with you to both days of the class. You will be required to wear your mask when social distancing is not possible and to wash your hands frequently. You may still wear a mask as it suits your comfort level at any point while you are not in the water. Lastly, and most importantly, if you have symptoms of COVID-19, please contact your instructor, and stay home.

Refund Policy

Once you have paid for the Lifeguard class, you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun, you may move your registration to another Lifeguarding class offered by Aquatic Management of Indianapolis in the same year dependent on course availability. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class. 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.

Certifications

Lifeguard Course:

American Red Cross Lifeguard Training certificate (includes First Aid and CPR/AED for Lifeguards) - valid for 2 years

American Red Cross Recertification Lifeguard Training certificate (includes First Aid and CPR/AED for Lifeguards, must have current Red Cross Lifeguard Certification) - valid for 2 years

All classes are “Blended Learning” courses – participant must complete (and pass) On-Line Modules required by the American Red Cross at least 24 hours prior to attending the in-person classes.

Pre-Course Requirements - *The purpose of the swim test is to demonstrate comfort in the water.*

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event; goggles are permitted)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

Course Location is North Central HS Natatorium, 1801 E 86th St, Indianapolis, IN 46240

To Register:

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

2023 American Red Cross Lifeguard Certification Course Schedule

Lifeguard Courses Dates and Times:

Class options:

1. **March 25th-26th 8:30am-6:30pm**
2. **April 15th-16th 8:30am-6:30pm**
3. **April 29th-30th 8:30am-6:30pm**
4. **May 6th-7th 8:30am-6:30pm**
5. **May 20th-21st 8:30am-6:30pm**

Lifeguard Class Fees:

\$50.00 Deposit- for employees, \$230.00 fee-for non-employees

Payable at indianapolis-pmg.com at time of registration only

Employees who pass company offered American Red Cross Lifeguard Course will receive their \$50 deposit back and a \$50 bonus on their June 27th, 2023 paycheck.

2023 American Red Cross Lifeguard Recertification Course Schedule

Recertification Courses Dates and Times: TBD

Lifeguard Recertification Class Fees:

\$50.00 Deposit- for employees, \$175.00 fee-for non-employees

Payable at indianapolis-pmg.com at time of registration only

Employees who pass company offered American Red Cross Lifeguard Recertification Course will receive their \$50 deposit back and a \$50 bonus on their June 27th, 2023 paycheck.