

American Red Cross Lifeguarding Class /Certification (Spring 2019)

Where: North East Intermediate Elementary Center swimming pool starting Monday April 29th. (North East School District)

<u>Dates</u>	<u>Times</u>
Monday	4/29/19 6-9pm
Wednesday	5/1/19 6-9pm
Saturday	5/4/19 8-11:30am
Monday	5/6/19 6-9pm
Wednesday	5/8/19 6-9pm
Saturday	5/11/19 8-11:30am

<u>Dates</u>	<u>Times</u>
Monday	5/13/19 6-9pm
Wednesday	5/15/19 6-9pm
Saturday	5/18/19 8-11:30am
Monday	5/20/19 6-9pm
Wednesday	5/22/19 6-9pm

Course Prerequisites - students must be able to perform these swimming skills during the first class in order to participate.

Lifeguarding

- 15 years old
- 300 yard swim – no stopping
 - 100 free, 100 breaststroke and 100 a choice of those 2 in good form.
- Retrieving a Submerged object in 1 min. 40 sec.
 - Swim to deep, surface dive, get brick, and swim back to starting point.
 - You must hold the brick w/ 2 hands and keep the face above water.

Written Exams – must pass each with 80% at the end of class.

- Sec. 1 – CPR/AED for the Professional Rescuer and First Aid
- Sec. 2 – Lifeguarding Skills

Materials and Fees (subject to change based on Red Cross)

	<u>Cost</u>
1 Lifeguarding Book (optional purchase) A Xerox copy of the Lifeguarding Book will be provided by instructor.	Purchase online \$34.99
2 Pocket Mask required ASAP Students acquire these two items on their own. Please read below to see where these can be purchased.	Purchase online \$12.95
3 Class Fee - Includes instructor's fee and Red Cross Administration Fee due on the second day of class. Checks are made out to "William Mackin"	\$200

The American Red Cross Website – www.redcross.org

<u>Pocket Mask/Breathing Barrier</u>	<u>Optional Lifeguarding Participants Manual/Book</u>
1. Training and Certification	1. Go to Step 2 at the left
2. Shop Supplies and Products	2. Books and DVDs
3. Training Supplies	3. American Red Cross Lifeguarding Manual
4. Adult, Child & Infant CPR mask	

To register for the class, contact: William Mackin at 814 725-8671 ext. 3006 or wmackin@nesd1.org

Waterfront Lifeguard (This additional certification may be offered towards the end of the class based on demand. Additional fee of \$25.)

Waterfront Lifeguarding – valid for 2 years. Must be Lifeguard certified.

Course Prerequisites

- *15 years old
- *550 yard swim – no stopping
 - 200 free, 200 breast, 150 mix of the two
- *Retrieving a Submerged object in 1 min. 40 sec. Swim to deep, surface dive, get brick, and swim back to starting point. You must hold the brick w/ 2 hands and keep the face above water.
- *Swim 5 yds. Retrieve 3 dive rings that are each 5 yards apart. Must stay under water from first to 3rd ring.
- *Tread water for 2 minutes with arms crossed and tucked under your arms.

Written Exam – must pass with 80% at the end of class.

- Sec. 3 – Waterfront Skills