

AMERICAN RED CROSS LIFEGUARD CERTIFICATION 2020



Blended Learning Class

MUST have an active & valid email address

Upon successful completion of the course, participants will receive certification in Lifeguard Training, CPR for the Professional Rescuer, First Aid & AED

Session Dates & Times:

Friday December 18: 6:00 pm – 8:30 pm

Saturday December 19: 10:00 am – 4:00 pm

Sunday December 20: - 10:00 am – 3:00 pm

****Prerequisites**

Ages 15 & Up

**Swim 300 yards continuously using the front crawl and breaststroke.

**Swim 20 yards using front crawl or breaststroke; Surface Dive to a depth of 7-10 feet; Retrieve a 10-pound object; Return to the surface, swim 20 yards back to the starting point with the object. This is a timed swim.

**Tread water with legs only for two minutes



Registration & Fees

Pre-Registration is required
Register at The Wilmerding
Community Center by Dec. 12, 2020

COST

\$200.00 - members

\$225.00 - nonmembers

Blended learning class means that you will be doing parts of this class on your computer via email and the rest at the WCC

Requirements

****Pass Prerequisite Swim – Required Skills Listed Above****

Be on time & attend all classes

Pass all water skills

Score at least 80% on the final exam



Wilmerding Community Center

(412) 520-7946 1 Memorial Field Wilmerding PA 15148