

AQUATIC SOLUTIONS

CREATING POSITIVE WATER EXPERIENCES

2026 AMERICAN RED CROSS LIFEGUARD AND WSI TRAINING		COURSE FEE
* Lifeguard Swim Test must be taken at least 2 or more weeks prior to enrolling for ANY Lifeguard Training by ALL FIRST TIME certification participants.		
** ALL registrants must complete the on-line training by the week prior to their course.		
~ LIFEGUARD TRAINING (LGI) – Class limit 10 participants. Minimum 6.		
LIFEGUARD SWIM TESTS	ALL swim tests will be “by appointment”. Must be taken at LEAST TWO WEEKS prior to the start of a course. To schedule email dgills2010@gmail.com	NC
Spring TBD*	Session I – Lifeguard Training - First Time Certs	\$325.00
Spring TBD*	Session I – Lifeguard Recertification	\$100.00
TBD*	Session II – Lifeguard Training – First Time Certs	\$325.00
	Session II – Lifeguard Recertification	\$100.00
TBD*	Session III – Lifeguard Training – First Time Certs	\$325.00
	Session III – Lifeguard Recertification	\$100.00
~ WATER SAFETY INSTRUCTOR TRAINING (WSI) – Class limit 6 participants. Minimum 4.		
Dates TBD* based upon interest	Pre-course information sent out to candidates.	
	Registration Due 30 days prior - Nonrefundable	\$400.00

*TBD – We provide trainings for private companies and individuals based upon their schedules and needs. Please complete the online form to register for upcoming 2025 LG and WSI trainings.

Aquatic Solutions Lifeguard courses will be held in the Humble/Kingwood/Atascocita area. A class itinerary will be received the week of course date with facility locations.

We highly recommend that you try to interview and train earlier in the year as lifeguards will be starting to work at various locations in April or May.

Why take your certification with Aquatic Solutions?

- Fees include CPR mask and hard copy manual for those taking certifications for the first time.
- Smaller class sizes. Blended Learning online course reduces class time and enables participants to study at their own pace prior to the start of the course.
- Professional instructors with over 30 years of experience.
- Courses are taught at facilities with warm water.
- Course locations in Northeast Houston.

Lifeguard Training Course Notes

The primary purpose of the Red Cross Lifeguarding program is to provide lifeguard candidates with the knowledge and skills to prevent, recognize and respond to emergencies and to provide care for injuries and sudden illness until emergency medical services (EMS) personnel arrive and take over. This course does not include any review of swimming skills.

"Quality Programming on the Cutting Edge of the Aquatic Fitness Industry."

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Lifeguard Training Course Prerequisites – Swim Test

To be eligible for the Lifeguarding course, the participant must be 15 years of age on or before the final scheduled day of the course they are participating in. The participant must successfully complete the following:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (While swimming, you must swim continuously, keeping your face in the water and demonstrating good breath control. Swimming on the back or side is not permitted. Swim goggles are allowed.)
- After swimming 150 yards, maintain position at the surface of the water without support for 2 minutes by treading water. (Using only the legs, with hands under armpits and with head remaining above the surface of the water.)
- After maintaining position at the surface of the water for 2 minutes, swim 50 more yards using the front crawl, breaststroke or a combination of both.

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on your 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. (Swimming the distance under water is not permitted.)
- Exit the water without using a ladder or steps.

Registration Procedures and Policies

- ~ Lifeguard Swim Test **MUST BE TAKEN PRIOR** to participating in any Lifeguard Training. **NO EXCEPTIONS** per American Red Cross.
- ~ Participants who fail the swim test may retake another swim test at no charge.
- ~ Participants who successfully pass the swim test will be eligible to attend their preferred course date on the night of their swim test in the order that their online registration form was received.
- ~ **The Lifeguard Training online Course and manuals MUST be completed/viewed within the week PRIOR TO THE START of the course.**
Website address for manual will be sent once online registration and swim test is completed.
Course itinerary will be sent via email the week of the course.
- ~ CPR/FPR/AED is included in the lifeguard and recert courses.
- ~ We will schedule courses based upon interest. Lifeguard Training/Recertification registrations will be taken in the order of Swim Test registration date.
- ~ Once a course date is established based upon requests, payment for the course will be due in full and non-refundable.
- ~ First year participants will receive CPR mask and hard copy of the manual with training fees. Manual available on line for pre-course study.

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- ~ Lifeguard and CPR/FPR/AED Recertification participants may purchase replacement manuals or training masks at cost plus tax and shipping.
- ~ All online registrations for courses must be received at least three weeks in advance of the course start date in order to reserve space in the class and to have time to complete online sessions.
- ~ Please list alternate dates in case your preferred class date is filled.

*** * Fees are due at time of registration. Check, Cash or Zelle payments accepted. Any charge-backs subject to \$75 administrative fee and revocation of certifications until payment in full for course and administrative fees are received.**

*** Please make checks payable to: Aquatic Solutions Zelle: Email us for directions.**

Refund/Transfer Policy for Lifeguard Training or CPR.

- ~ Cancellation administration fees retained: 20% of course fee two weeks prior, 40% of course fee less than two weeks of course start date. No refunds will be issued until all course materials are returned in new condition. Any damaged materials will be deducted from the refund.
- ~ Transfer requests made less than one week from the course start date will be assessed an additional \$50.00 administrative fee per participant.
- ** NO REFUNDS will be given if a participant fails to attend all sessions and/or perform skills and pass final exams.**

See registration form for "Course Prerequisites" and "Certification Requirements".

~If you need assistance please email dgills2010@gmail.com. ~

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