



Train to Be a Lifeguard!

American Red Cross Lifeguard/ First Aid/ CPR/ AED Course

- Dates:** September 14-16, 2018, plus **ONE** precourse date (see dates below)
- Times:**
Fri 9/14 4:30-9:30p
Sat 9/15 11:30am-8:00p
Sun 9/16 11:30am-8:00pm
- Location:** Precourse Test & Classes held at Richmond Swim Center (RSC)
4300 Cutting Blvd (next to Kennedy High School)
- *Cost:** \$160 Residents/\$200 Non-Residents (total cost)
\$35 for pre-course only
\$125 Residents/\$165 Non-Resident
- Note:** This is a “blended learning” course, so students must complete all online study portions prior to first class meeting. Must have internet to access and complete the online portion which takes approximately 7 hours.

Come to **ONE** Mandatory Pre-Course Test (@RSC):

[Sat 9/1 at 1:00p](#)
[Sun 9/2 at 1:00p](#)
[Wed 9/5 at 7:30p](#)
[Th 9/6 at 7:30p](#)

Participants must complete the following successfully:

- ✓ Swim 300 yards continuously (front crawl, breaststroke, or combination)
- ✓ Tread water for 2 minutes using only legs
- ✓ Timed event: Swim 20 yards, surface dive in 7+ feet water, retrieve a 10 lb object from bottom, swim back to side holding object, exit pool without use of ladder

**Participants register & pay separately for pre-course & LG Training. All fees are non-refundable, so if you are uncertain about passing the pre-course, you may pay \$35 just for the pre-course, then register & pay for the course after passing.*

To receive American Red Cross Certificate in Lifeguarding/ First-Aid/ CPR/ AED, valid for two years, participants must:

- Complete all online portions before first class
- Be at least 15 years of age by 9/16/18
- Pass the pre-course test
- Attend all classes
- Demonstrate competency in all required skills, activities, and final rescue scenarios
- Correctly answer at least 80 percent of the questions in both sections of the final written exam

Additional Information:

Daily sessions involve in and out-of-water segments. Breaks are provided. Please bring swim suit, towel(s), goggles, 1-2 warm changes of clothing, snacks, lunch/dinner & water each day.

Advanced registration required for Pre-course. Please do not register for the course until after passing the pre-course test. You may then pay online, or bring exact cash or a check to pay for the course. Min/Max: 4/16 – class will be canceled if we do not have 4 students

For Registration information, call (510) 620-6793. For information about the Lifeguard course or employment opportunities with City of Richmond, email paula_cooper-tipton@ci.richmond.ca.us