

Harbison Community Association



Become a Lifeguard
Register Now

LIFEGUARD TRAINING & RECERT CLASSES

Lifeguard Training and Recertification Classes for **January 2017** through **June 2017**

Training Classes are held Fridays, Saturdays and Sundays over two consecutive weekends | Recertification Classes are held Saturdays
Training class times are 4:00p-8:00p Fridays, 8:00a-5:00p Saturdays (1 hour lunch break) and 1:00p-5:00p Sundays | Recert class times are 8:00a-6:00p

Lifeguard Training Classes:

Class Number	Resident	Non Resident	Dates
LGT #1	\$205	\$215	January 7 th , 8 th , 14 th , 15 th
LGT #2	\$205	\$215	January 28 th , 29 th , February 4 th , 5 th
LGT #3	\$205	\$215	February 17 th , 18 th , 19 th , 25 th , 26 th
LGT #4	\$205	\$215	March 10 th , 11 th , 12 th , 18 th , 19 th
LGT #5	\$205	\$215	March 31 st , April 1 st , 2 nd , 8 th , 9 th
LGT #6 Spring Break Class	\$205	\$215	April 12 th , 13 th , 14 th , 15 th - (12 th , 13 th & 14 th - 2:00p-8:30p)
LGT #7	\$205	\$215	April 28 th , 29 th , 30 th , May 6 th , 7 th
LGT #8	\$205	\$215	May 12 th , 13 th , 20 th , 21 st - (12 th - 4:00p-9:00p, 13 th & 20 th - 8:00a-6:00p, 21 st - 1:00p-6:00p)
LGT #9	\$205	\$215	June 2 nd , 3 rd , 4 th , 10 th , 11 th

Lifeguard Recertification Classes:

Class Number	Resident	Non Resident	Dates
LGR #1	\$95	\$105	January 21 st
LGR #2	\$95	\$105	February 11 th
LGR #3	\$95	\$105	March 4 th
LGR #4	\$95	\$105	March 25 th
LGR #5	\$95	\$105	April 22 nd
LGR #6	\$95	\$105	May 13 th
LGR #7	\$95	\$105	May 27 th

PREREQUISITES (required for both Certification and Recertification):

- Must be 15 years of age with a mature and dependable character
- Able to swim 300 meters (12 lengths) continuously, using freestyle and breast stroke
- Starting in the water, candidates swim approximately 20 meters using freestyle or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, kick 20 meters back to the starting point while maintaining two hands on the object and exit the water without using the ladder or steps (1 min, 40 sec time limit)
- Able to tread water for 2 minutes without the use of arms or hands

Upon completion of the course, participants will receive two-year certifications for:

- American Red Cross Lifeguarding
- American Red Cross CPR for the Professional Rescuer
- American Red Cross First Aid
- American Red Cross AED (Automated External Defibrillator)

A full refund is available no less than 7 days prior to the start of class. Refunds will not be given due to a participant's inability to pass the class prerequisites. Any refund will be issued with the Lifeguard Instructor's and/or the Aquatics Manager's approval. Class participants must attend every class day of their session.

Attendance in the course does not guarantee Lifeguard Certification. Participants must pass written exams and in-water skills tests.

For more information about our Lifeguard Training Classes or our Lifeguard Recertification Classes
Please contact Zach Edenfield at 803.781.2281 or at ZEdenfield@harbisoncommunity.com

To sign up for one of our classes, please stop by the Harbison Recreation Center at
106 Hillpine Road - Columbia, SC 29212 or call the Front Desk at 803.781.2281

