



Blended Learning LIFEGUARD TRAINING

Training Classes are held Fridays, Saturdays, and Sundays. Times are 4:30p-8:00p Fridays, 9:00a-6:00p Saturdays (1 hour lunch break) and 1:00p-6:00p Sundays

Cost: \$200

CLASS DATES

LGT #1	January 27, 28 and 29	LGT #6	April 14, 15 and 16
LGT #2	February 10, 11 and 12	LGT #7	April 28, 29 and 30
LGT #3	March 3, 4 and 5	LGT #8	May 19, 20 and 21
LGT #4	March 24, 25 and 26		



**SCAN QR CODE
TO REGISTER**

We are excited to offer you American Red Cross Lifeguarding Blended Learning. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least a day prior to class. Most participants complete the eLearning portion of the course in approximately 7 hours.

PREREQUISITES (required for both Certification and Recertification):

- Must be 15 years of age with a mature and dependable character (must turn 15 on the last day of the class)
- Able to swim 300 meters (12 lengths) continuously, using freestyle and breaststroke
- 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 a two-year certification for American Red Cross Lifeguarding, CPR, First Aid and AED training.

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. If the prerequisite is not passed the participant may try again at the next available lifeguard training class. 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.

Must have a minimum of three participants registered one week prior to classes start date. For more information contact D. Gunter at 803.781.2281.





RECERTIFICATION CLASSES

Recertification Classes
are held on Saturdays|

Class times are 9:00a-6:00p

Lifeguard Training Classes Cost: \$100

CLASS DATES

LGR #1	February 4	LGR #5	April 22
LGR #2	February 18	LGR #6	May 13
LGR #3	March 11	LGR #7	June 3
LGR #4	April 1		



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Upon completion of the course, participants will receive a two-year certification for American Red Cross Lifeguarding, CPR, First Aid, and AED training.

A full refund is available no less than 7 days before 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.

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

