Lifeguard Certification Class Offerings

LIFEGUARD PRECOURSE TEST—15 years or older, successfully complete prior to enrolling in Lifeguard full class offering.

Successful completion of the following skills is required in the Precourse—
1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both; swimming on the back or side is not allowed, goggles permitted.
2. Tread water for 2 minutes using legs only.
3. Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water in 1 minute 40 seconds (goggles are not permitted).

Precourse Test Dates—Fee $35
◆ Wednesday, February 8 @ 7:15pm
◆ Wednesday, March 8 @ 7:15pm
◆ Tuesday, March 14 & April 4 @ 7:45pm
◆ Wednesday, April 12, 19 & 26 @ 7:15pm
◆ Wednesday, May 17 @ 7:15pm

LIFEGUARD FULL COURSE—Successful completion of the Lifeguard Precourse Test and 7.5 hours of Blended Learning prior to first day of class, once enrolled link will be sent to the registered participant. Members $330 & Community Members $355
Offering 1: Feb. 20 (10am-6pm); February 25-26 (9:30am-6pm)
Offering 2: March 22 & 23 (4-8pm); March 25 & 26 (9:30am-6pm)
Offering 3: March 27 & 29 (4:30-9pm); April 1 (10am-6pm) April 3 (4:30-9pm)
Offering 4: April 15, 16 & 22 (9:30am-6pm)
Offering 5: May 1, 3, 8, 10 & 15 (4:30-9pm)
Offering 6: May 7, 14 & 21 (9:30am-6pm)
Offering 7: June 3 (10am-4pm); June 5 & 7 (4:30-9pm); June 10 (10am-4pm)

Participants should bring a whistle/lanyard, resuscitation mask, pen/pencil and paper. Attendance at all scheduled classes is required. $35 class change fee and no refunds given with less than 48 hours before class start time.

RECERTIFICATION CLASSES—This is to recertify a current ARC Lifeguard. Must show proof of current certification. Precourse is first hour of the class and no refunds for failed precourse or no call/no show participants. Member $250 Community $275
Offering: May 13 (1-6pm) & May 14 (10am-4pm) must attend both days.