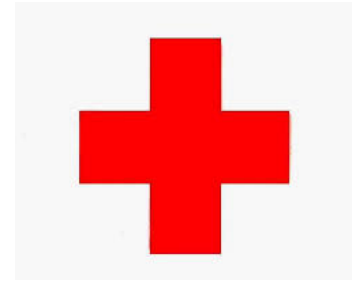




**American Red Cross**

# Lifeguarding Classes

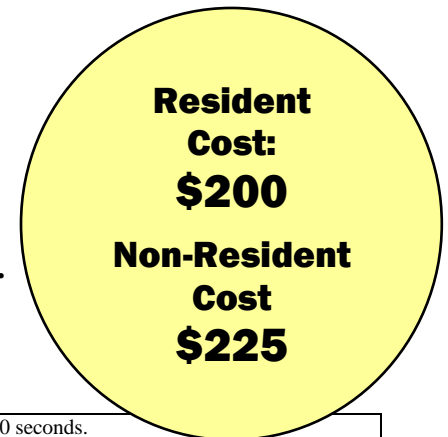


Interested in a great job? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

## Lifeguard Certification Requirements:

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the skills scenarios.
- Correctly answer at least 80 percent on both final written exams.

## Life guarding Pre-requisites:



1. Must be 15 years old on or before the final scheduled session of this course.

2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

3. Tread water for 2 minutes using only the legs.  
Candidates should place their hands under their armpits

4. 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 to 10 feet to retrieve at 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

## Spring Class

Blended learning (must complete online portion (about 9 hours) BEFORE in person classes start.

Tuesday, March 28 8:00 am – 4:00 pm

Wednesday, March 29 8:00 am – 4:00 pm

Thursday, March 30 8:00 am – 4:00 pm

**Space Is Limited!**

*By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.*

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

Any Questions Contact  
592-1076

**Mail/Drop Off  
Form to:**

CREW  
Attn: Heidi Endres  
115 School St  
Lodi, WI 53555

**Participants Name:** \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone: \_\_\_\_\_

Method of Payment: Resident: \$200/Non-Resident \$225

☐ Check (make payable to Lodi Schools)

☐ Cash (drop off only)

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

Emergency Phone & Name \_\_\_\_\_

Signature \_\_\_\_\_

**Lifeguarding Class – Spring 2023**