

American Red Cross Lifeguard Course

Requirements: Must be 15 or older

- Attend all training sessions
- Swim 300 yards continuously, using these strokes: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick
- 100 yards breaststroke
- 100 yards of either front crawl using rhythmic breathing, or breaststroke or a combination of both
- Swim 20 yards (front crawl or breast stroke), surface dive to a depth of 7 1/2 feet, retrieve a 10-pound object, and return with it to the surface, and swim back 20 yards.
- Perform all required skills with 100% accuracy
- Pass a written test with a score of at least 80%

When:

Tuesday, November 10th - 5:00 p.m. – 9:00 p.m.
Thursday, November 12th - 5:00 p.m. – 9:00 p.m.
Saturday, November 15th - 9:00 a.m. – 5:00 p.m.
Tuesday, November 17th - 5:00 p.m. – 9:00 p.m.
Thursday, November 19th - 5:00 p.m. – 9:00 p.m.
Saturday, November 22nd - 9:00 a.m. – 5:00 p.m.

Fees:

CRC Members- \$180
Resident of USC- \$195
Nonresident, Nonmembers- \$210

Place:

Indoor Aquatics Pool – Lane 4

ARC Lifeguard / CPR Re-Certification

Requirements:

- Must bring your old certification card
- Must pass the all pre-test requirements for the Lifeguard Course
- Perform all required skills with 100% accuracy
- Pass a written test with a score of at least 80%

Day: Sunday

Date: December 20

Time: 9:00 a.m. – 5:00 p.m.

Place: Indoor Aquatics Pool – Lane 4

Age Requirement: 15 years and up

Fee: \$155.00 Member
\$165.00 Resident Non-Member
\$175.00 Surrounding Community
Non-Member

