



## LIFEGUARD CERTIFICATION CLASS

**Friday, May 8th 4pm-9pm**  
**Saturday, May 9th 12pm-9pm**  
**Sunday, May 10th 11am-8pm**

Bethlehem Township Community Center is 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 E-learning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least a day prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours. Your experience may vary widely based on several factors, including your PC, internet speed, and previous training. I recommend beginning the online session as soon as possible to ensure that you are able to complete all eLearning modules prior to the first in-person skill session.

We anticipate conducting the in-class course work and water skill sessions over the scheduled three days. Please plan on getting in the water each day! You must complete the online portion prior to class! You should bring lunch/dinner with you as we will be working through lunch in order to get you out as quickly as possible.

Beginning on the first class, all Lifeguard Candidates must successfully complete the precourse skills to participate in the Lifeguard Class. Below are the prerequisites which will be administered on the first day of the class.

- 1) Swim-Tread-Swim: Swim 150 yards continuously keeping your face in the water and demonstrating good breath control. Candidates may swim using the front crawl, breast stroke, or a combination of both, but swimming on the back is not allowed. Swim goggles may be used.
- 2) Tread Water for two minutes using only the legs. Candidates should place their hands under armpits.
- 3) Swim 50 more yards after the tread portion.
- 4) Complete a timed event within one minute and forty seconds.
  - a. Starting in the water, swim 20 yards. The face may be in or out of the water. Goggles are not permitted.
  - b. Surface dive, feet or head first to a depth of 7 feet to retrieve a ten pound object.
  - c. Return to 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 participant is able to breathe.
  - d. Exit water without using ladder or steps.

All Lifeguard Candidates must be 15 years of age on or before the final scheduled session of this course. Please bring proof of age for the first scheduled class- Birth Certificates, Driver's License, State ID or Passports.

**Price: \$308 Member**

**\$358 Non Member**

**FOR QUESTIONS CONTACT AQUATICS: 610-332-1842**