American Red Cross Lifeguard Training Course

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. There is a minimum age of 15 years old by the last day of the class.

The following pre-requisites must be fulfilled:

- Swim 300 yards continuously
- Tread Water for 2 minutes
- Starting in the water, the participant must be able to swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds
- No refunds will be given for failure of pre-requisites requirements
- **All course dates must be attended in order to pass course**

The schedule will be:

Sunday 8:00 am – 5:00 pm
Monday 5:30 - 9:30 pm
Tuesday 5:30 - 9:30 pm
Wednesday 5:30 - 9:30 pm
Thursday 5:30 - 9:30 pm

Fee: $350/JCC Member and $450/General Public

Class is offered March 8th – 12th, April 19th – 23rd OR May 3rd – 7th

For more information: Erika Harrison x382 or eharrison@springfieldjcc.org

Just need a re-certification?
The Thursday of each session will be available for the re-certification. 5:30 - 9:30 pm
$150/JCC Member and $150/General Public

Springfield JCC
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