

Register for Lifeguard Blended Learning – on-line link access –

We are excited to offer you American Red Cross Lifeguard Blended Learning. Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Please plan to complete the initial online lessons of your training prior to your first on-site skills session, which is scheduled for

Dates: Feb. 21, 23, 24, and 25

Time: Wed & Fri - 5:00-8:00 pm, Sat. 8:30 am -12:30 and Sun 8:30 am - 3:30 pm

Site: 831 Pumehana St. – McCully District Swimming Pool

Cost: \$ 135 **** Payment due at first class session**

Send inquires to - naia82904@gmail.com for registration information

Prerequisites

- Candidates must:
 1. Be at least 15 years old on or before the final scheduled session of the 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 the armpits.
 4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 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.
 - Exit the water without using a ladder or steps.

Certification Requirements

- Candidates must:
 - ☒ Attend the entire course and participate in all class sessions.
 - ☒ Actively participate in all course activities, including assuming various roles during scenarios.
 - ☒ Demonstrate competency in all required skills.
 - ☒ Pass the final skills scenarios.
 - ☒ Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.