The American Red Cross Aquatics School is a unique week-long opportunity to become certified in one or more Red Cross courses. The courses offered include:

- CPR/AED for Pro Rescuers Review
- CPR/AED for Pro Rescuers Instructor
- Lifeguarding Instructor
- Lifeguard Training
- Lifeguarding Review
- Water Safety Instructor
- Waterfront Lifeguarding
- Waterpark Lifeguarding

The courses have been scheduled to give the participant the opportunity to “bundle” several courses during the week to allow several options for certifications!
The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers review is to update professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over.

**Course Prerequisites:**

- Possess a current American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certification or equivalent.

**Cost:** $75.00

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The purpose of the instructor course is to train instructor candidates to teach the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course.

**Course Prerequisites:**

- Be at least 17 years of age on or before the last day of the instructor course.
- Possess a current American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certification or equivalent.
- Successfully completed the Online Session for the CPR/AED for Professional Rescuers and Health Care Providers Instructor course, which consists of the following prerequisites:
  - Orientation to the American Red Cross
  - Orientation to the Instructor Course
  - Precourse exam

**Cost:** $250.00
LIFEGUARDING INSTRUCTOR.

This course uses American Red Cross instruction to train instructor candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for the Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training courses and/or modules. This course prepares instructor candidates to use course and presentation materials, conduct training sessions and evaluates the progress of candidates in a professional-level course. This course is taught as a blended learning course, which must be set up at least 1 week prior to the first day of class. This will allow class participants time to receive the information to register and complete the required online content before attending the in-person sessions.

Course Prerequisites:

• Be at least 17 years of age on or before the last day of the instructor course.
• Possess one of the following:
  • A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED
  • A current American Red Cross certificate for Lifeguarding/First Aid and either an American Red Cross certificate for CPR/AED for the Professional Rescuer or an American Red Cross certificate for CPR/AED for Lifeguards.
  • An equivalent certificate from another organization.
  • Successful completion of the Online Session for the Lifeguard Instructor course, which consists of the following:
    • Orientation to the American Red Cross
    • Orientation to the Lifeguarding Instructor Course and Precourse Exam
    • Successful demonstration of competency in the Precourse Session.
• 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.
• Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
• Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

Cost: $300.00
LIFEGUARD TRAINING.

This course uses American Red Cross instruction to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

Course Prerequisites:

- Be at least 15 years of age on or before the final scheduled session of the course.
- 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.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

Cost: $250.00

LIFEGUARDING REVIEW.

The purpose of this course is to provide current lifeguards a review of CPR for the Professional Rescuer/AED/First Aid and water rescue skills to become re-certified as a Red Cross Lifeguard. You must bring a current copy of your Red Cross Lifeguarding/CPR/AED/First Aid the first night. If your certification has expired by even 24 hours, you must enroll in the full course.

Course Prerequisites:

- Be at least 15 years of age on or before the final scheduled session of the course.
- 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.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

Cost: $125.00
WATER SAFETY INSTRUCTOR TRAINING.

The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants’ progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, three adult-focused courses as well as the Basic Water Rescue and Personal Water Safety courses and more. Participants must be at least 16 years of age and be proficient swimmers, pass all practice teaching assignments and score 80% or above on the final written test.

Course Prerequisites:

- Must be 16 years old and must pass eligibility swim. Eligibility swim consists of 25 y front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yd. butterfly. Must also tread water and float on back for one minute each.

Cost: $300.00

WATERFRONT LIFEGUARDING.

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds. Must be 15 years old on or before the final scheduled session of this module.

Certification Prerequisites:

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Skill Prerequisites:

- Swim 550 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 are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- 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 a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands hold in 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.
  - Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

Cost: $75.00
The purpose of the Waterpark Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in aquatic facilities with waterpark features.

**Certification Prerequisites:**

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding /First Aid/CPR/AED.
- Be at least 15 years of age on or before the final scheduled session of the course.

**Skill Prerequisites:**

- 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.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

**Cost:** $75.00

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**COURSE REFUND POLICY.**

The prerequisite skills evaluation will occur the first day of the course. We strongly recommend that you practice the skills before the skills evaluation. If you are unable to complete the prerequisite assessment we will refund the price of the course less a $25 administrative fee.
For those interested in getting the most out of the Red Cross Aquatics School, we’re offering “bundled pricing” for our Lifeguarding courses. Consider all the certifications you may need to get a summer job — and in just one week you can get them all!

**CPR/AED for Pro Rescuers Review & Instructor.**

**Skill Prerequisites:**
- Possess a current American Red Cross CPR/AED for Professional Rescuers and Health Care Providers certification or equivalent.

**Cost:** $300.00

**Lifeguarding & Waterfront Lifeguarding.**

**Skill Prerequisites:**
- Swim 550 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 are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- 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 a 10-pound object. Return to the surface and swim 20 yards 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.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

**Cost:** $300.00
Lifeguarding & Waterpark Lifeguarding.

Skill Prerequisites:

- 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.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

**Cost:** $300.00

Lifeguarding Instructor & Waterfront Lifeguarding.

Certification Prerequisites:

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Skill Prerequisites:

- Swim 550 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 are allowed.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

**Cost:** $350.00
Lifeguarding Instructor & Lifeguarding Review.

Certification Prerequisites:

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Skill Prerequisites:

- 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.
- Tread water for 2 minutes using only the legs and keeping the head above the surface of the water.
- Starting in the water, swim 20 yards, surface dive, feet-first or head-first, 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. Candidates may not swim the distance under water. Exit the water without using a ladder or steps. This is a timed event and must be completed in 1 minute, 40 seconds.

Cost: $375.00

Lifeguarding Instructor, Lifeguarding Review, & Waterfront Lifeguarding.

Certification Prerequisites:

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

Skill Prerequisites:

- Swim 550 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 are allowed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- 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 a 10-pound object. Return to the surface and swim 20 yards 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.
  - Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

Cost: $425.00