

Lifeguard Recertification Training Schedule Fall 2024 – Spring 2025

Purpose

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites

- Hold a current American Red Cross Lifeguard certification.
- Swim 300 yards continuously.
- Starting in the water, 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.

Length

Approximately 9 hours

Instructor

A currently authorized American Red Cross Lifeguarding instructor who has met state qualifications, where required.

Certification Requirements

- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the written final exam.

Certificate Issued and Validity Period

Lifeguarding/First Aid: 2-years

CPR/AED for the Professional Rescuer: 2-years

Classes

Sunday, November 17 th	8am-5pm
Sunday, December 15 th	8am-5pm
Sunday, January 26 th	8am-5pm
Sunday, February 23 rd	8am-5pm
Sunday, March 30 th	8am-5pm
Sunday, April 27 th	8am-5pm

Any recertifications after April 27th please contact Brian at bdoherty@wtsc.com.

Aquatics Training/Recertification Course Cost:

Members \$183.50

Non-Members \$262.50