

WTSC Lifeguard Training Schedule



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

- Swim 300 yards continuously using freestyle and breaststroke
- 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 28 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 final written exam.

Certificate Issued and Validity Period

Lifeguarding/First Aid: 2 years

CPR/AED for the Professional Rescuer: 2 years

Must attend every class; each session is 5 weeks long.

Minimum of 5 participants to hold a class.

Course meets every Sunday for a total of 5 weeks

1. Starts/Ends	Sunday Sept. 8th/Oct 6 th	9-3pm
2. Starts/Ends	Sunday Oct. 13 th /Nov 10 th	9-3pm
3. Starts/Ends	Sunday Dec 1st/Dec29th	9-3pm
4. Starts/Ends	Sunday Jan12th/Feb 9 th	9-3pm
5. Starts/Ends	Sunday March 2nd/March 30 th	9-3pm
6. Starts/Ends	Sunday April 27 th /May 25 th	9-3pm

Vacation Week Classes meet every day for 1 week

1.	Feb 17th-21st	12-5pm
2.	April 21st-25th	12-5pm

Aquatics Training Courses Cost:

Members \$345

Non-Members \$425

**Any questions please contact Aquatics Director Brian Doherty: bdoherty@wtsc.com.
Classes may be cancelled due to lack of enrollment 5 participant minimum.**