

American Red Cross Lifeguard Certification Class Schedule – 2023

Class conducted by the Sea Lions Swim Team at the Town of Mammoth Pool

Blended Learning Course Format
(20 hours classroom/pool training, 7.5 hours on-line training)

Class Dates: Saturday, April 15 – Sunday, April 30, 2023

Registration Dates: March 25 – April 15, 2023

Cost: \$92 Check made payable to the Sea Lions Swim Team (The fee is nonrefundable.)

The cost includes the Red Cross Fee, plus all participants will receive their own Lifeguard CPR Mask.

Once you are registered for the class and payment is received, a link to the on-line training will be sent to you via e-mail. You can begin the on-line training at any time once you receive the link. **Please note that the on-line portion of the class MUST be completed prior to starting class on April 22, 2023.**

Prerequisites for lifeguard training include:

1. Must be 15 years old by the last day of the class (4/30/23)
2. Must pass the pre-course swimming skills test (attend on 4/15/23):
 - Continuously swim 300 yards (12 laps) using any combination of freestyle and breaststroke
 - Swim 20 yards, retrieve a 10-pound weight from the deep end of the pool, return to the starting place with the weight at the water surface, and exit the pool without using the ladder, all within 1 minute and 40 seconds
 - Tread water without using hands for 2 minutes (hands in armpits)

Class Schedule (All training will be conducted at the Town of Mammoth Swimming Pool.):

Saturday, April 15, 2023 (10 am – 12 pm): Swimming Skills Test

Monday, April 17, 2023 (4 pm – 6 pm): Swimming Skills Test

Saturday, April 22, 2023 (10 am – 4 pm): Lifeguard Class begins (The on-line portion of the class needs to be completed and the swimming skills test must be passed in order to begin the Lifeguard Class.)

Wednesday, April 26, 2023 (5:30 pm – 7:30 pm): Lifeguard Training

Saturday, April 29, 2023 (10 am – 4 pm): Lifeguard Training/ First Aid /CPR

Sunday, April 30, 2023 (10 am – 4 pm): First Aid/ Lifeguard Training/Testing

Lifeguard Certification is good for two years.

For more information or to register, please contact Alex or Wendy Gort at (520) 896-2190.