



# Lifeguarding Class

## American Red Cross Lifeguard/ First Aid/ CPR/ AED Course

**Dates:** September 17-19, 2021

**Times:** Friday 9/17 5:00-9:00pm  
Saturday 9/18 9:00-6:00pm  
Sunday 9/19 9:00-6:00pm

***\*This is a blended learning course, so additional time is required before the first class to complete the online portion.***



**Location:** Richmond Swim Center (RSC)  
4300 Cutting Blvd (next to Kennedy High School, entrance on S. 45<sup>th</sup> Street)

**\*\*Cost:** \$20 to register for pre-course  
\$140 Residents/\$180 Non-Residents for Lifeguard course

**Age:** 15+ years by last day of class (no exceptions)

### Pre-Course requirements

Participants must successfully complete the following skills:

- ✓ Swim 300 yards continuously (front crawl, breaststroke, or combination)
- ✓ Tread water for 2 minutes using only legs
- ✓ Timed event: Swim 20 yards, surface dive in 7+ feet water, retrieve a 10 lb object from bottom, swim back to side holding object, exit pool without use of ladder

**\*\* Do not pay for Lifeguard course if you are not 100% sure you will be able to pass the pre-course, as no refund will be provided. Any students who do not successfully complete the above skills will not continue with the class.**

### Additional Information:

Daily sessions involve in and out-of-water segments. Breaks are provided. Please bring swim suit, towel(s), goggles, warm changes of clothing, **SNACKS, LUNCH & water** each day. A refrigerator and microwave are available.

*\*Upon registration of pre-course, students will be emailed online course information to complete before the first class meeting on 9/17. Min/Max: 4/10 – class will be canceled if we do not have 4 students*

**For Registration information, call (510) 620-6793. For information about the Lifeguard course or employment opportunities with City of Richmond, email paula\_cooper-tipton@ci.richmond.ca.us**