



**American
Red Cross**

Become a Lifeguard
Register Now

Fidalgo Pool & Fitness Center Blended Learning Lifeguard Course

M-Sat. April 1-6, 2019: 9:00am.-2:00pm.

Must attend ALL sessions and be a strong swimmer.
Must be 15 years old by the last day of the class.

Course Cost: \$235.00

Pre-requisite: (Pre-Test will be right at 10:00am.)

- 300 meters 150: Freestyle 150: Breaststroke
- 10lb Brick retrieval from 13 ft. Under 1 min. 40 sec.
- 2 minutes treading without hands
- Blended Learning Online Portion must be completed prior to course start date. Students must register to receive course link.

Lifeguard Applicant must pass all prerequisites before continuing in course

Course Objectives:

- Successfully completes written tests with a score of 80% or higher
- Successfully completes First Aid, Head, Neck and Back in water/land skills unassisted
- Successfully completes CPR/AED/BBP Scenarios unassisted
- Shows competency in Patron and Personal safety and all lifeguard skills that meet the American Red Cross standard of care

Materials & Certifications provided:

Lifeguard Digital Manual (Printable option)

CPR mask

ARC Lifeguard Training, CPR/AED for the Professional Rescuer, First Aid and Blood - Borne Pathogens - Valid for 2 yrs.

Emergency Oxygen Administration- Valid for 2 yrs. (recommended, \$10.00 add on fee)