



**American
Red Cross**

Lifeguard Classes

Lifeguard • First Aid • CPR/AED • Waterpark

The pre-requisites are to be done prior to signing up. You may come in and practice for free before the class.

Class Requirements & Expectations

- Must be 15 years of age by the end of class
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Candidates may swim using the front crawl
- Swim goggles may be used
- Tread water for 2 minutes using only the legs.
- Candidates should place their hands under the armpits
- Complete a timed event within 1 minute, 40 seconds
- Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance underwater.
- Exit the water without using a ladder

1. Dec. 26th, 27th & 28th

8:00am-4:00pm

2. Dec. 29th, 30th & Jan 2nd

8:00am-4:00pm

Class is \$160

Free classes to anyone working exclusively for the City of Columbus. There are no refunds once registered for a class.

Columbus
Aquatic Center