

NAS Patuxent River Indoor Pool

AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

BLENDED CURRICULUM CLASS

**This class is for people seeking first-time certification
and current guards seeking recertification.**

PREREQUISITE SWIM TEST

- 300-meter continuous swim using both breast and freestyle strokes
- Timed 20-yard swim retrieving a 10-pound brick from 12-foot depth and exiting the water
- Two-minute continuous treading water with NO use of arms/hands
- All participants must successfully complete the prerequisite skills test on the first day of class in order to continue through to the instructional portion (online and in person).

\$275

*per person
Includes Lifeguard Manual
& CPR Mask*

NAS PATUXENT RIVER DRILL HALL POOL | JAN 12 -14

REGISTRATION: NOV 2 - DEC 30

DRILL HALL | MON - FRI, 9:30AM - 4:30PM | 301.757.3943

Jan 6 (Fri)	5 – 7 p.m.	Pre Req In-Water Skills Test
Jan 7-11(Sat-Thu)	Online	Coursework
Jan 12 (Fri)	5 – 7 p.m.	Course Lecture, Skills Work
Jan 13 (Sat)	9 a.m. – 5 p.m.	Course Lecture, Skills Work & Final Skill Tests (water scenarios & written test) Course Lecture, Skills Work
Jan 14 (Sun)	9 a.m. – 5 p.m.	Final Skill Tests (water scenarios & written test)

- Refunds will not be issued if participant is unable to execute/pass/complete any portion of the course to the ARC standards. This includes the prerequisite skills test, written tests, skills tests (water rescues & scenarios/CPR/1st Aid/AED and final rescue scenarios as outlined by ARC).
- Participants must be 15 years of age by the last day of the course and provide proof of age at the time of registration.
- All participants must successfully complete the prerequisite skills (detailed above) in order to continue with course.



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