



# American Red Cross Blended Learning Lifeguarding Course



## Lifeguarding Course

This course is offered in the blended learning format, unless otherwise noted. Students will complete a portion of the material online at home, before and between in-person sessions. At successful completion of the course, participants will earn a two-year certification in Lifeguarding, First Aid, CPR, and AED. Unsuccessful participants will not be entitled to any credits or refunds; efforts will be made to assist when reasonable & possible.

## The Pre-Requisite

Each participant must successfully pass each event using no more than two attempts. Unsuccessful candidates will be dismissed from the pre-requisite. Candidates must show comfort in the water and a familiarity in the strokes. Strokes will not be taught on site. Practice should be completed on own, if desired.

### Pre-Requisite Event 1

Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl (freestyle), breaststroke, or a combination of both but swimming on the back or side is not allowed. Goggles are permitted during this event.

### Pre-Requisite Event 2

Tread water for 2 minutes using only the legs. Candidates should place their hands under their arm pits. Heads must remain out of the water for the full 2 min.

### Pre-Requisite Event 3

Complete a timed event within in 1 minute, 40 seconds. Goggles are not permitted during this event. Participants will swim 20 yards, surface dive to the deepest point (11 ft 6in) of pool and retrieve a 10-pound object. Return to the surface and swim back to the starting point on the back using only the legs to kick. Hands must remain on the object. Exit the water using the side of the pool.

***These offerings are intense, blended learning formats to provide our facility with certified lifeguards***

## September Classes

**Pre-Requisite:** Wednesday, Sept 14 @ 5pm

**Where:** 100 Republic St, Norwalk

**Course:** Online information will be given upon successful completion on the pre-requisite as described above.

### In-Person sessions:

**Class A:** Wednesdays and Thursdays

9/15 – 9/30/21

12-3pm each day

**Class B:** Sundays and Tuesdays

9/19 – 9/28/21

Sundays 12-6pm | Tuesdays 5-8pm

## October Class

**Pre-Requisite:** Wednesday, Oct 13 @ 5pm

**Where:** 100 Republic St, Norwalk

**Course:** Online information will be given upon successful completion on the pre-requisite as described above.

### In-Person sessions:

Saturday 10/16 @ 9am-1pm

Sunday 10/17 @ 12-6pm

Wednesday 10/20 @ 5-8pm

Saturday 10/23 @ 9am-1pm

\*Attendance to ALL in-person sessions is required  
\*Online coursework must be completed as given.  
\*Incompletions will not be tolerated, and candidates will be dismissed from class.

**For additional information**  
Mary Church, Aquatics Coordinator  
[mchurch@norwalkoh.com](mailto:mchurch@norwalkoh.com) or  
419-663-6775 ext 1030

**Due to the current Lifeguard Shortage we are experiencing, this class will cost nothing to those who are committed to working year-round at the Norwalk Rec. Job Applications MUST be turned in BEFORE the pre-requisite is taken.**

*For those needing their lifeguard certificate to work elsewhere, we are charging \$100 to be paid to the City of Norwalk. This cost covers the certificate fee and facility and instructor time.*