



City of Fernandina Beach American Red Cross Lifeguard Certification Class

(must be 15yrs or older and pass the pre-test)

Location: TBD an email with class details will be sent at registration

Dates & Times:

March 18th Thursday 5pm-8pm

March 19th Friday 5pm-8pm

March 20th Saturday 8am-5pm

March 21st Sunday 8am-5pm

American Red Cross Lifeguard Course Pre-test

(Will be performed on first day of class)

- 1) Distance swimming. The final goal is to complete 300 yards continuously. The front crawl and breaststroke (required strokes for the full course), demonstrating breath control and rhythmic breathing.
- 2) Treading water. The goal is a 2-minute tread with no hands.
- 3) Timed activity: Travel through the water, surface dive to the bottom with open eyes, retrieve and carry a 10-pound object with both hands, travel on the back to the point of origin and exit.

Course Fee:

City Residents- \$159

Non- City-- \$199

Course fee is non-refundable if you do not pass the pre-test or complete all sessions.

Be sure you can pass the pre-test and are able to attend all sessions prior to enrollment.

- Includes certifications in Lifeguarding, CPR/AED and First Aid as well as a pocket mask and a hip pack.

You must attend EVERY SESSION of the course. There will be NO make-ups without prior instructor approval.

Due to the intense scheduling of the course, make-up sessions will not be possible, as each session depends on the knowledge and skills learned from the previous sessions. Successful completion of all skills, academic sessions and written tests are requirements for certification.

For additional information or to schedule a 30-minute pre-test practice

Contact Kaitie Rivera, Aquatics Manager

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