

2022 American Red Cross Blended Learning Course Schedule and Guidelines

Overview:

This class will certify you through the American Red Cross for two years in Lifeguarding, CPR, AED, and First Aid.

Successful course completion requires **100% participation** of the online blended learning, in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. If you miss any classes, there are no make-ups. You must re-register for another class. You cannot mix and match days, you must attend both days of the class you choose.

CPR masks and hip packs are provided as part of the course fee.

Class Registration:

To register for a class, please call and speak with Grace or Caitlin at the office at (770)992-7665 Option 1 or email staffing@atlanta-pmg.com with which class you would like to take. We will add you to the class roster and you will receive an email with the class information 1 week before the start of the class.

Payment and Refund Policy:

The cost of the Lifeguard Course is \$75. You will bring your payment to the first day of the class. Acceptable forms of payment are cash or check, made out to SwimAtlanta Pool Management Gwinnett. If you decide that you would not like to continue with the class, you have until the end of the first day to make that decision and receive a full refund. If you take both days of the class and do not pass, you are not issued a refund. You can sign up for another course at no additional cost.

Lifeguard Pre-Course Requirements:

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **Completion of Online Blended Learning:** To reduce in classroom time to only two days, you will complete a portion of the class online before you attend in person. You will be emailed a link before your class with instructions on how to register. **You must complete the online blended learning before attending the in-person class.**
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event).
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

ALL CLASSES ARE 8AM-5PM EACH DAY!

Lifeguard Class Schedule: (All Classes 8am-5pm each day)

April Class 1:

Saturday, April 2nd and Sunday, April 3rd

April Class 2:

Wednesday, April 20th, and Sunday May 1st

April Class 3:

Saturday, April 23rd and Sunday, April 24th

May Class 1:

Saturday, May 7th and Sunday, May 8th

May Class 2:

Saturday, May 14th and Sunday, May 15th

May Class 3:

Saturday, May 21st and Sunday, May 22nd

June Class 1:

Saturday, June 4th and Sunday, June 5th

Class Location:

SwimAtlanta Pool Management Gwinnett
4850 Sugarloaf Parkway, Suite 702
Lawrenceville, GA 30044