

## 2023 American Red Cross Blended Learning Course Schedule and Guidelines

**Overview:** This class will certify you through the American Red Cross in Lifeguarding, Professional Rescuer CPR, AED, and First Aid. This certification is good for two full years.

Successful course completion requires **100% participation** of the online blended learning, classroom and skill sessions, and successful performance in skill and knowledge evaluations. If you miss any class days or are excessively late, you must re-register for another class. You cannot mix and match days of different classes- you must attend both days of one course. **The class is scheduled 8am-5pm both days.** There is a pool and a classroom portion, with a one-hour lunch break in between.

### **Class Registration:**

To register for a class, please email Melissa at [hr@gwinnett-pmg.com](mailto:hr@gwinnett-pmg.com) or call and speak with Melissa or Caitlin at the office at (678) 985-4030 (Option 1). Just tell us which class/dates you would like to take, and we will add you to the class roster! You will receive a detailed email with all the specific class information (addresses, what to bring, lunch info, etc.) one week before the start of the class.

### **Payment and Refund Policy:**

**The cost of the Lifeguard Course is \$45.** You must bring your payment to the first day of the class. Acceptable forms of payment are cash or check, made out to SwimAtlanta Pool Management. 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 will not be issued a refund. However, you can sign up for another course at no additional cost. Please contact Caitlin or Melissa with specific concerns. The required CPR masks and hip packs will be provided as part of the course fee. You may still purchase one of your own from our uniform website if you wish.

### **Lifeguard Certification Course Pre-Requirements:**

- You must be at least **15 years of age** before the *last* day of the class to participate.
- **Completion of Online Blended Learning:** To reduce classroom time to only two days (instead of the three-day course), you must complete a portion of the class online before you attend in-person. You will be emailed the link about a week before your class with instructions on how to access and watch the required videos and take the mini quizzes. You must watch all videos and pass the exams with at least an 80%. Send proof of completion (screenshot, Red Cross email, etc.) to Melissa **before** you attend in-person. Please note: the Blended Learning takes ~6 hours total. It can be paused, saved, and resumed later. Make sure to give yourself enough time!

→ **You must complete the online blended learning **before** attending the in-person class.**

### **Skill Pre-Requirements:** These will be completed together first thing on DAY 1 of class.

- **300 Yard Swim:** 300 yards of freestyle or breaststroke = 6 full laps in a regular length pool without stopping. Backstroke is not allowed. This is not a timed event- just keep swimming!
- **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. We'll teach you how to retrieve and carry the weight!
- **Tread Water:** You must tread water without using your hands for 2 minutes (done as a group).

## **Lifeguard Class Schedule: All Classes 8am-5pm BOTH DAYS**

**Spring Break Class 1** (Saturday April 1<sup>st</sup> & Sunday April 2<sup>nd</sup>) @ SwimAtlanta Gwinnett Office

**Spring Break Class 2** (Tuesday April 4<sup>th</sup> & Wednesday April 5<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**Spring Break Class 3** (Friday April 7<sup>th</sup> & Saturday April 8<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**April Class 4** (Saturday April 15<sup>th</sup> & Sunday April 16<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**April Class 5** (Saturday April 22<sup>nd</sup> & Sunday April 23<sup>rd</sup>) @ SwimAtlanta Gwinnett Office

**April Class 6** (Saturday April 29<sup>th</sup> & Sunday April 30<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**May Class 1** (Saturday 6<sup>th</sup> & Sunday May 7<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**May Class 2** (Saturday May 13<sup>th</sup> & Sunday May 14<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**May Class 3** (Saturday May 20<sup>th</sup> & Sunday May 21<sup>st</sup>) @ SwimAtlanta Gwinnett Office

**May Class 4** (Friday May 26<sup>th</sup> & Saturday May 27<sup>th</sup>) @ SwimAtlanta Gwinnett Office

**May Class 5** (Wednesday May 31<sup>st</sup> & Thursday June 1<sup>st</sup>) @ SwimAtlanta Gwinnett Office

**June Class 1** (Saturday June 3<sup>rd</sup> & Sunday June 4<sup>th</sup>) @ SwimAtlanta Gwinnett Office

### **Class Locations**

**SwimAtlanta Gwinnett Office-** 4850 Sugarloaf Parkway, Suite 702 Lawrenceville, GA 30044

### **Other Class Location Options through SwimAtlanta Roswell (check the dates and locations if there is one closer to you):**

**Haynes Landing Neighborhood Pool-** 3400 New Heritage Drive Alpharetta GA 30022

**SwimAtlanta Main Office-** 1210 Warsaw Road Suite 800 Roswell GA 30076 (classroom portion)

**SwimAtlanta Johns Creek-** 4050 Johns Creek Parkway N, Suwanee, GA 30024

**SwimAtlanta Cumming-** 5059 Post Rd, Unit 6, Cumming, GA 30042

**Perimeter Church-** 9500 Medlock Bridge Rd, Johns Creek, GA, 30097

**SwimAtlanta Gwinnett Office-** 4850 Sugarloaf Parkway, Suite 702 Lawrenceville, GA 30044

Additional classes may be added later due to demand. This document will be updated as we go. We highly recommend you take a class sometime in April or early May if your schedule allows- that way, you're already certified when the pools open! Please reach out to Melissa if you would like more info.

Please note: some courses have two locations listed (ex: Asheforde & SwimAtlanta Office). The pool portion will take place at the listed neighborhood pool and the classroom portion will take place at the SwimAtlanta home office in Roswell. Usually, the pool portion will take place in the morning unless otherwise specified. Instructors can help with transportation between locations during the

lunch break if necessary. The office must be given advanced notice to make sure there are enough seats. Otherwise- participants/parents are responsible for all transportation. Participants needing transportation help are asked to pack their own lunch/snacks as instructors cannot make extra stops.

## [Blended Learning Help Page](#)

Follow the steps below once you receive the emailed link from us for the Blended Learning to view the online videos and get started!

1. Click the link in the informational email from SwimAtlanta that you receive about one week before your class starts. Click on “Create Login”.
2. Enter the required information in the “Learner Registration” fields then “Register”.
3. You’ll receive an email from “Red Cross Learning Center” with another link to take you directly to the screenshot in number 3. Hit “Launch Course”.
4. Screenshot 4 will pop up. You will start at “Introduction”. The videos will play automatically in order as you go. Once a section is completed, the circled number underneath ① will turn into a ✓. Make sure to refresh your page occasionally when on this HOME SCREEN to save your progress.
5. If this error message shows up, turn off your computer or browser pop-up blockers. There are additional troubleshooting tips and helpful video/audio tips on the Launch Course page #3 right when you log in if you need them.

1. Please note: Your record of completion will be saved for 21 months. After 21 months, your progress in this online course

2. Please note: Your record of completion will be saved for 21

3.



### ONLINE PORTION FOR BLENDED LEARNING

[Logout](#)

## Lifeguarding

### Course Information

The American Red Cross blended learning lifeguarding course will prepare you to prevent, recognize and respond to emergencies in and around the water. The eLearning portion of this class is scenario based and will introduce you to the skills that you will practice and master during the in-person skill sessions. Allow approximately 7 hours to complete the eLearning portion, including the final eLearning exam. Your instructor should provide eLearning module assignments as well as reading and review question assignments from the *Lifeguarding Manual*. You must complete these assignments and present proof of completion to enter the in-person skill sessions.

**Successful completion of this eLearning content alone will not result in certification.** This eLearning content must be taken in conjunction with at least 19 hours and 45 minutes of in-person training and evaluation led by an American Red Cross Lifeguarding Instructor. To earn certification, participants must:

- Meet the age requirement – 15 years old on or before the final scheduled in-person session of the course.
- Pass the precourse swimming skills evaluation.
- Attend and actively participate in all class sessions.
- Demonstrate competency in all required skills.
- Complete all eLearning modules and reading assignments as assigned by the instructor.
- Pass both final exams with a minimum grade of 80%.
- Pass both final skill scenarios.

### Tips for Viewing

Make sure your pop-up blocker is turned off (see System Requirements section below for a list of browsers that support this course):

**Status:** Not Started

## LAUNCH COURSE

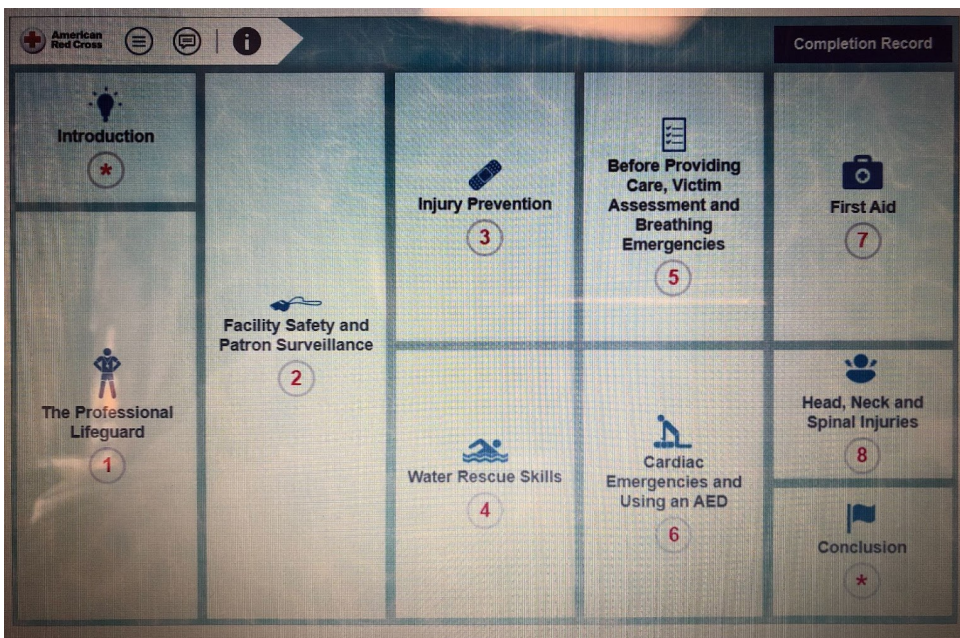
Please note: Your record of completion will be saved for 21 months. After 21 months, your progress in this online course will be reset so that you may complete the course again prior to your recertification date.

Please be aware that we have a standard maintenance window of 4-6AM Eastern Time on Saturdays. If you are having difficulty accessing the site during that time period, please wait a few minutes and refresh the page.

**If you are having technical issues, contact the Training Support Center:**

**Call: 800-RED-CROSS (800-733-2767)**

Email: [support@redcrosstraining.org](mailto:support@redcrosstraining.org)



4.

5.

The American Red Cross blended learning lifeguarding course will prepare you to prevent, recognize and respond to

LAUNCH COURSE

It appears you may have a popup blocker enabled. Please allow popups on this site in order to launch the course.

[Close](#)

21 months,

provide eLearning module assignments