

2024 American Red Cross: Blended Learning Lifeguarding 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 valid for two full years. Successful completion of the course requires **100% participation** in the online Blended Learning, in-person classroom and skill sessions, and successful performance in both skill and knowledge evaluations.

Blended Learning Course Model: At SwimAtlanta, we teach a version of the American Red Cross Lifeguarding course called the Blended Learning model. To reduce in-person classroom time to only two days, you must complete a portion of the class online before you attend in-person. PLEASE NOTE: The Red Cross Blended Learning is a Red Cross certification requirement. It is **NOT** the same thing as the ELOT (Enhanced Lifeguard Online Training), which is a SwimAtlanta requirement. They are different (:

Schedule/Location: This is a two day course that is scheduled from **8am-6pm both days**. There is a pool half and a classroom half, with a one-hour lunch break. For these classes, the lunch hour is also used for transportation. 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 the same course (this is a Red Cross requirement). There is **limited availability**, so please register early to save your spot. There is a strict ratio of instructors: participants for both teaching and safety purposes, so once a class is full, we can not add anyone to a course at the last minute.

Class Registration: To register for a class, please view the schedule on page 3 of this document and tell us which class you would like to attend by emailing Mel at hr@gwinnett-pmg.com or calling and speaking with Mel/ Caitlin at the office at (678) 985-4030 (Option 1). You will receive a detailed email with all the specific class information (addresses, Blended Learning, what to bring, lunch info, etc.) **two weeks** before the start of class. Make sure to read that email *carefully* as it will be your key to success!

Payment and Refund Policy:

The cost of the lifeguard course is \$80. You may pay by cash, check (made out to SwimAtlanta Pool Management), or by **Venmo** (info at the course). 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 attend both days of the class and do not pass the course, you will not be issued a refund. However, you can sign up for another class at no additional cost. Please contact Caitlin or Mel with specific concerns.

What's Included in the Class:

The required CPR resuscitation masks, hip packs, whistles, and a SwimAtlanta lifeguard t-shirt are all included as part of the course fee and do not need to be purchased separately.

Lifeguard Certification Course Pre-Requirements: To be completed before you come to class.

- You must be at least **15 years old** before the *last* day of the class in order to participate.
- **Completion of Online Blended Learning:** You must watch all videos and pass the final exam with a minimum grade of 80%. Please **forward the “congratulations” email** you received from the Red Cross when you passed the Blended Learning final exam to Mel **before** you attend the in-person session (staffing@atlanta-pmg.com) This counts as proof of completion of the BL.

→ Please note: Blended Learning takes **6+ hours**. It can be paused between modules, saved, and resumed later- you are NOT expected to finish it all in one sitting. Make sure to give yourself enough time to watch all videos and take the final exam before the class! You can retake the final exam if needed.

→ Please view pages 4-6 of this document for helpful tips and login info for the Blended Learning. We have included some very helpful screenshots and troubleshooting directions in case you get stuck!

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

- Prerequisite 1: Complete the following swim-tread-swim sequence without stopping to rest:
 - Jump into the water and totally submerge, resurface, and then swim 150 yards (3 full laps) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.
 - Once you have finished 150 yards (3 full laps), stop in the deep end (without holding the edge) and tread water for 2 minutes using only your legs. You can either tuck your hands under your armpits, hold them above your head, or switch between the two as you go, whatever is most comfortable. We'll help you time this portion of the event.
 - Once the 2 minute tread is over, swim another 50 yards (1 full lap) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.

→ This is NOT a timed event and it is NOT a race! Just keep swimming and you will be good to go! Swim goggles **ARE** allowed for this event and you may bring them to class if you choose to.

- Prerequisite 2: Complete the following sequence within 1 minute and 40 seconds:
 - Starting in the shallow end, swim out 20 yards (almost all the way to the deep end).
 - Perform a surface dive (we'll teach you this!) to 10ft deep, and retrieve a 10-pound weight from the bottom of the pool.
 - Once you have the weight, return to the surface and swim back to the starting position while keeping your face out of the water.
 - After you return the brick to an instructor, exit the pool without using the ladder or the steps.

→ This event is timed, and goggles are NOT allowed. You should be comfortable diving to the bottom of the pool (10ft). We will teach you the best way to both retrieve and swim with the weight, and give you a chance to practice if necessary.

2024 Lifeguard Class Schedule: All Classes 8am-6pm BOTH DAYS

Spring Break April Class 1 (Saturday April 6th & Sunday April 7th) @ **SwimAtlanta Gwinnett Office**

FREE CLASS!

April Class 2 (Saturday April 13th & Sunday April 14th) @ **SwimAtlanta Gwinnett Office** **FREE CLASS!**

April Class 3 (Saturday April 20th & Sunday April 21st) @ **SwimAtlanta Gwinnett Office**

April Class 4 (Saturday April 27th & Sunday April 28th) @ **SwimAtlanta Gwinnett Office**

May Class 1 (Saturday May 4th & Sunday May 5th) @ **SwimAtlanta Gwinnett Office**

May Class 2 (Saturday May 18th & Sunday May 19th) @ **SwimAtlanta Gwinnett Office**

May Class 3 (Thursday May 23rd & Friday May 24th) @ **SwimAtlanta Gwinnett Office**

June Class 1 (Saturday June 1st & Sunday June 2nd) @ **SwimAtlanta Gwinnett Office**

Additional classes may be added later due to demand. This document will be updated to reflect availability. We *highly recommend* you take one of the earlier classes in April or early May.

Class Location:

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

PLEASE NOTE: 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 Mel if you would like more info.