



American Red Cross

December Blended Learning Lifeguard Training 2025

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. There is a minimum age of 15 years old by the last day of the class.

The following pre-requisites must be fulfilled:

- **Swim-Tread-Swim Sequence without stopping to rest**
- Swim 150 yards using front crawl, breaststroke or a combination of both
- Tread water for 2 minutes using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object above the water maintaining head at or near the surface and exit water without using a ladder or steps within 1 minute, 40 seconds (no goggles)
- **No refunds will be given for failure of pre-requisite requirements.**
- **All course dates must be attended in order to pass the course**

The December class will be offered: December 27th- December 30th

Registration deadline: Monday December 15th

Saturday 12/27 8am-4pm

Sunday 12/28 9am - 4pm

Monday 12/29 9am-4pm

Tuesday 12/30 8am-4pm (Likely early release at 12pm)

***All classes will be held at the Dover Indoor Pool**

Erika Holton

(603) 516-6428

Full Course \$225

FREE if you apply to be a Dover Pools Lifeguard!

**Any COVID related cancelations will be carried over to our next scheduled course*

**No refunds will be given*



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