

AMERICAN RED CROSS LIFEGUARD TRAINING

SEPTEMBER 2026



WE ARE HIRING!

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.



**American
Red Cross**

Minimum age: 15 years old by the last day of the class.

PREREQUISITES

- ✓ 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 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 for failure of pre-requisite requirements.
- ★ All course dates must be attended in order to pass the course.

CLASS DATES

Held at the Dover Indoor Pool

**SATURDAY
9/19/2026**

9AM-4PM

**SUNDAY
9/20/2026**

11AM-4PM

**SATURDAY
9/26/2026**

9AM-4PM

**SUNDAY
9/27/2026**

11AM-4PM



**LEARN
LIFE-SAVING
SKILLS**



**WORK AS
A TEAM
MAKE FRIENDS**



**FLEXIBLE
SCHEDULES**



GREAT PAY

REGISTER TODAY!

Registration deadline:
Thursday, September 11th, 2026



**Erika Friedman
(603) 516-6427**

**FULL COURSE
\$225**

CHALLENGE YOURSELF ★ BUILD CONFIDENCE ★ MAKE A DIFFERENCE