

# Certification Courses & ARC Lifeguard Training Certification Course (LGT)

**Course Description:** This course will provide participants training in entry-level lifeguard skills and knowledge to prevent, recognize and respond to, and provide aid in aquatic and land emergency situations. The American Red Cross Lifeguard Training is the course you need to become a certified lifeguard. Upon successful completion of all portions of the course, participants will be issued certificates in Lifeguard Training/First Aid, and CPR/AED for the Professional Rescuer (valid for 2 years). Please bring swimsuit and towel to class every day. Participants must attend every day of class. No make-ups or rescheduling will be offered.

**Prerequisites:** Participants must be 15 years of age by last day of the course. On the first day of class, participants must complete a pre-course fitness test involving a 300 yard swim, treading water, and a time brick swim. Participants must also complete an 8-10 hour online program through the America Red Cross website. Additional information regarding prerequisites and course requirements can be found on our website. Upon successful registration, participants will be sent an email with instructions on how to register for online portion of class.

**Instructor:** SRD Staff

**Fee:** \$205 (includes materials fee); \$35 certification fee paid directly to American Red Cross

**Dates & Times:** May 26 – 29; Friday, 5pm – 9pm; Saturday & Sunday, 9am – 5pm

Additional Course Dates/Times TBD; Contact SRD Main Office for information

## ARC Lifeguard Instructor Course (LGI)

Become an American Red Cross (ARC) Lifeguard Instructor. Learn how to teach classes including basic-level lifeguarding, shallow water attendant, Lifeguard Management, CPR/AED, Administering Emergency Oxygen, Blood borne Pathogens Training and Basic Water Rescue. Course also includes ARC Fundamentals of Instructor Training Course.

**Prerequisites:** Participants Must be 17 years of age by last class meeting and successfully pass the pre-course skills session. Must be currently certified as a lifeguard and provide proof of certification. Online portion of class is required. \$35 ARC certification fee must be paid.

**Instructor:** SRD Staff

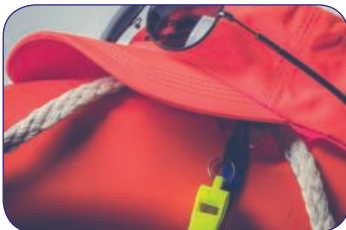
**Fee:** \$235 (includes materials fee)

**Dates & Times:** TBD

Contact SRD Main Office for availability.  
415-383-6494



**American  
Red Cross**



**Cancellation & Refund Policy for all ARC Classes:** Patron requested refunds must be requested no later than 7 days prior to the programs start date. No refunds will be given if requested after the 7-day deadline. No refunds if student does not pass the course.

# Emergency Preparedness



**American  
Red Cross**



**Please Note:** No job guarantee comes with certification. Refunds will not be given to students who do not pass the prerequisite testing or course.

## CPR/AED, First-Aid for the Professional Rescuer-Blended Learning

**Course Description** This course will teach participants the knowledge and skills in how to recognize and respond to emergencies, and assess and provide care to individuals in need. Participants will learn how to respond to breathing & cardiac emergencies, physical injuries, and sudden illnesses. This course is not a lifeguard certification course. This course utilizes the American Red Cross Blended Learning program. Participants will be required to complete an online program prior to the first day of class. A copy of the online completion certification must be submitted to the instructor on the first day of class.

**Prerequisites:** Successful completion of online exam 1-week prior to first day of class

**Instructor:** SRD Staff

**Fee:** \$90 (includes materials fee); \$35 certification fee paid directly to American Red Cross

**Dates & Times:** TBD, please contact SRD Main Office for information

## LEARN CPR ♥ SAVE LIVES



**NOTE:** All course fees are subject to change due to American Red Cross fees.

**Cancellation & Refund Policy for all ARC Classes:** Patron requested refunds must be requested no later than 7 days prior to the programs start date. No refunds will be given if requested after the 7-day deadline. No refunds if student does not pass the course.

**Register Online for all SRD Activities!!!**