

*American Red Cross Blended Learning Lifeguard Course at:
The Greater Toledo Pool*



When: February 19th- 21st 2021

Time: 8AM - 5PM

Course Fee: \$ 200.00 *(Free if you are hired by the Greater Toledo Pool Recreation District)*

This is a blended learning lifeguard class through online courses and in person training. This course will consist of:

- ARC Lifeguarding a 2-year Certification
- ARC CPR, First-Aid and AED for the Professional Rescuer a 2-year Certification

Participants must be at least 16 years of age by the completion of the course, and pass a pre-course swimming test which includes:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but, swimming on the back or side is not allowed. Swim goggles may be used for this portion of the swim.
- Tread water for 2 minutes, using legs only.
- Complete a timed event within 1 minute 40 seconds. Starting on the deck, swim 20 yards, surface dive, feet or head-first, to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim back 20 yards on the back to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to breath. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps. Goggles are NOT allowed.

This is a blended learning course. You will first need to complete the online portion by going to <https://www.redcrosslearning.com/course/73031950-15c1-11e7b4e0-51657ecd06af> prior to the start of the course. The practical portion of the class runs over the course of three days: Please bring lunch /snacks. Women must wear 1-piece swim suits, men must wear board shorts. Several towels and a change of clothes are strongly recommended.

For more information or to register please contact Melany Burchett, Aquatics Manager at 541.336.3181 Opt 2 or by email at poolmanager@greatertoledopool.org

Completion of this course does not guarantee employment by the Greater Toledo Pool Recreation District.