



**American
Red Cross**

Lifeguard Course

Blended Lifeguarding Class

American Red Cross Lifeguarding Blended Learning (e-learning)
The purpose of the American Red Cross Lifeguarding Blended Learning course is to provide entry-level lifeguard participants with the knowledge and skills to prevent recognize and respond to aquatic emergencies in an online/classroom based environment. The online format enables participants to complete interactive lessons and activities on their own time.

Completed online lessons are due prior to the start of the course. Attendance is mandatory at all skill sessions. Trainees must pass skills and written tests for certification.

Dates: November 16th – 18th

4:30pm – 8:30pm (November 16th), 8:00am – 5:00pm(November 17th & 18th)

Cost: \$175 member \$185 non-member

Registration Deadline: Min. 5 Max: 10

Course Prerequisites (will be tested during the first skills session meeting)

- 15 years or older complete 300 yd. swim using front crawl and breaststroke.
- Recover and swim 20 yards with 10lb. object(goggles may not be used in this event)
- Treading water using only the legs for 2 minutes.

To register please contact Kari Reuland at [262-513-7204](tel:262-513-7204)/kari.reuland@phci.org

****Cost is non-refundable if past November ****