



**American
Red Cross**

Together, we can save a life

NN Aquatics Division is an Authorized Provider of ARC Certification courses

Lifeguarding

The American Red Cross lifeguard training and certification program is the first step to get hired as a certified Red Cross lifeguard. Our detailed training includes both testing of hands-on skills as well as a written test. Upon successful completion of the Lifeguarding course, you will receive a Lifeguarding/First Aid/CPR/AED certification, which is valid for two years and is accepted nationwide.

Red Cross Lifeguard Certification, includes First Aid/CPR/AED, all **valid for two years** from the date of successful completion.

Prerequisites to take lifeguard course:

Age: Students must be at least 15 years old by the last day of class.

Qualifications: Students must pass a pre-course swimming skills test prior to taking lifeguarding courses. This includes a 300-yard swim using front crawl or breaststroke, a 2-minute tread using legs only and the ability to retrieve a 10-lb dive weight from 7 ft deep, surface and swim 20 yards with the weight, using legs only and exit the pool without using a ladder within 100 seconds.



Water Safety Instructor

This American Red Cross course will teach and train participants to teach swimming lessons for preschool through adult and conduct community water safety presentations.

Upon successful completion of the Red Cross Water Safety Instructor Course participant's certification will be **valid for two years**.

Prerequisites to take this instructor course:

Age: Students must be at least 16 years old by the last day of class

Qualifications: Demonstrate swimming ability to perform the following skills: 25 yards of each Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, Sidestroke, and 15 yards of Butterfly. Back float for 1 minute. Tread water for 1 minute.



For course dates, fees contact

NN Aquatics Division

757-591-4573