

Upon successful completion of the course you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. The Red Cross requires that lifeguards take a review class every 2 years to maintain this certification.

No certification cards will be issued until the course has been fully paid for.

Course Agenda

- Monday 3/16 300 yards' swim, brick retrieval, and treading water
Entries, approaches & swimming drills
- Wednesday 3/18 Lessons 1- 5 in Lifeguard Manual
Lifeguard rotations & victim recognition
Simple & reaching assists, begin victim carries
- Monday 3/23 Lessons 6 -10
Lifeguard rotations & victim recognition
Simple & reaching assists, begin victim carries
- Wednesday 3/25 Lesson
Active & Passive
Head holds escapes/rescues
- Monday 3/30 Lesson
Extractions shallow/deep
- Wednesday 4/1 Lessons
CPR/AED/First Aid/Choking
Review reaching assists & carries
- Monday 4/6 Lessons
CPR/AED/First Aid/Choking
Caring for Active & passive
- Wednesday 4/8 Lesson
Head, Neck and Spinal Injuries in the Water
Back boarding shallow/deep
- Monday 4/13 Review CPR & First Aid
Putting gloves on wet hands
In-water ventilations
CPR & victim assessment poolside
Back boarding shallow/deep
- Wednesday 4/15 Review back boarding shallow/deep

Monday 4/20 Practical CPR
 Written exam Lifeguarding

Wednesday 4/22 Catch up ~ Back boarding

Monday 4/27 Catch Up ~ Water Practical

Wednesday 4/29 Water Practical

Please feel free to approach me during or after class if you have any question or concerns. If you need assistance outside of class time, please call the Y at 301.739.399.x4221, Aquatic Director April Miles. You can also reach her at aprilm@ymcahagerstown.org