



American Red Cross Lifeguard

Certification & Recertification

2024 Class Schedule

Lifeguard Certification:

February 9-11, May 17-19 and August 2-4

Fridays 4-7:30 p.m.

Saturdays 9 a.m. - 5:30 p.m.

Sundays 12:30-5:30 p.m.

Lifeguard Recertification:

March 22-23, June 7-8 and September 20-21

Fridays 4-8 p.m.

Saturdays 9 a.m. - 5 p.m.



Pre-course information (for certification or recertification):

All participants are required to pass a water-skills test before advancing to the rest of the course. The prerequisites will include: distance swimming, treading of water and dive/retrieval of a 10 lb. object.

Lifeguard Certification with Blended Learning

This course is approximately 20 hours of classroom in water training with 4-6 hours of online training, which provides participants with the knowledge, skills and training necessary to become a lifeguard. Participants must be 15 years of age by the completion of the course. It is strongly recommended that all students have a copy of the American Red Cross Lifeguard Manual before the class to study and review. This manual is available for purchase at AmericanRedCross.org.

**Students must attend all sessions of the class to pass.*

Lifeguard Recertification

This course is approximately 8 hours of classroom and in water training. Your Lifeguarding and First Aid must not have expired more than 30 days to take this recertification class. Along with Lifeguarding and First Aid, this class includes recertification in CPR/AED for the Professional Rescuer. Please bring your pocket mask and lifeguard participant manual.

Classes will be held at the Healthpark Classroom (A or B) and Natatorium

For dates go online to OwensboroHealth.org/Lifeguards

Certification:

\$150 for member

\$180 for nonmember

Recertification:

\$125 for member

\$150 for nonmember

**Fee includes First Aid/CPR/AED*

Registration limited. For more information or to sign up please contact **Mackenzie Morris at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org**