

American Red Cross Lifeguard Training Classes

Prerequisites:

- Must be 15 years of age.
- Candidates must be of mature and dependable character.
- Candidates must be able to swim 300 yards continuously, using freestyle & breast stroke.
- Starting in the water, candidates must be able to swim 20 yards using the freestyle or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point while maintaining two hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Candidates must be able to tread water for 2 minutes with legs only.
- Lifeguard candidates must attend every session at the times listed by the facility. Attendance in the course does not guarantee Lifeguard certification. Candidates must pass written and practical exams.

Cost:

\$190 MJCC members/\$220 Non MJCC members

Includes:

- Lifeguard Training
- CPR for the professional rescuer
- First Aid
- AED (Automated External Defibrillator)

Certification is good for 2 years.

(Re-certify every 2 years in one short session)

Class Details:

Students will need to download their Lifeguarding book either on their phone, laptop, or a kindle. This book can also be downloaded and printed off. Each student MUST have their own copy.

Directions to download the Lifeguarding Manuel:

1. Go to www.redcross.org
2. Choose Take a Class
3. Choose Lifeguarding from the blue bullet list
4. Choose Lifeguarding again
5. Download Lifeguarding Manuel



March Class: Course #14543102

Tue 5:00-9:30pm | 3/5
Thur 5:00-9:30pm | 3/7
Tue 5:00-9:30pm | 3/19
Thur 5:00-9:30pm | 3/21
Sun 12:00-5:00pm | 3/24
Thur 5:00-9:30pm | 3/28

Spring Break Class: Course #14543103

Tue 9:00am-5:00pm | 3/12
Wed 9:00am-5:00pm | 3/13
Thur 9:00am-5:00pm | 3/14

April Class: Course #14543104

Wed 5:00-8:00pm | 4/3
Sun 12:00-4:00pm | 4/7
Wed 5:00-8:00pm | 4/10
Sun 12:30-4:00pm | 4/14
Mon 5:00-8:00pm | 4/15
Wed 5:00-8:00pm | 4/17
Sun 12:30-4:00pm | 4/21
Mon 5:00-8:00pm | 4/22

May Class: Course #14543105

Mon 5:00-9:15pm | 5/6
Wed 5:00-9:15pm | 5/8
Mon 5:30-8:45pm | 5/13
Sun 12:30-5:45pm | 5/19
Mon 5:00-9:30pm | 5/20
Wed 5:00-9:15pm | 5/22
Sun 12:00-4:00pm | 5/26



Register at the MJCC Front Desk or online at www.jccmemphis.org.
For more information contact Danny Fadgen, Aquatics Director at 901.761.0810.