

American Red Cross Classes

Lifeguarding course

Teaches you the knowledge and skills needed to prevent and respond to aquatic emergencies. Participants must be at least age 15 by the end of the class, swim 300 yards continuously using front crawl and breaststroke, tread water for 2 minutes, perform a surface dive 10 feet to retrieve a 10 pound object, return to the surface and swim 20 yards back to starting point.

Shallow water lifeguard course

Designed for participants that wish to lifeguard at aquatic facilities with a maximum water depth of 5 feet or less. Participants must be at least age 15 by the end of the class, swim 100 yards continuously using front crawl and breaststroke, tread water for 2 minutes, submerge to a depth of 4-5 feet to retrieve a 10 pound object and swim or walk back to the starting point.



Requirements for successful completion of the Lifeguarding and Shallow Water Lifeguarding courses are:

- Attend all class sessions
- Demonstrate competency in all required skills and activities
- Demonstrate competency in the three final skill scenarios
- Correctly answer 80 per cent of the questions on each of the two sections of the final written exam.
- Upon completion you will receive a Lifeguarding or Shallow Water lifeguarding/ First Aid/CPR/AED (valid for 2 years).
- Lifeguard training classes are offered year round at Aurora Aquatic facilities.

Water Safety Instructor Classes (WSI)

The purpose of WSI is to train instructors to teach swimming and water safety to young children through adults. Participants must be at least 16 years old.

Requirements for successful completion of Water Safety Instructor are:

- You must attend and participate in all sessions
- Score at least 80% on the written exam
- Successfully complete the required practice teaching assignments.
- 25 yards Front Crawl -25 yards Back Stroke
- 25 yards Breast Stroke
- 25 yards Elementary backstroke
- 25 yards Sidestroke
- 15 yards Butterfly
- Tread water for 1 minute
- Maintain position on back 1 minute in deep water
- WSI classes are offered at year round at Aurora Aquatic facilities

