

2021 American Red Cross Lifeguard Course Guidelines and Schedules

Aquatic Management of Indianapolis offers a variety of American Red Cross courses throughout the year for certification in Lifeguarding, First Aid & CPR/AED for Lifeguards. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. **If you miss any classes, there are no make-ups. The schedule IS THE schedule, no substitutions.** You must re-register and pay to attend another class. **Please provide picture ID on the first day of the Course.**

Due to the nature of the skills in this course, you will participate in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Covid-19 Protocols

With the recent country wide pandemic of COVID-19, at the beginning of each class day your instructor will do a temperature screening. AMI, will ask that you bring a mask with you to both days of the class. You will be required to wear your mask when you are out of the water at the YMCA, as well as when you are at the AMI office. As an effort to enforce Social Distancing when you are not in the water doing your skills, please practice social distancing as well as wearing your mask. Lastly and most important if you have symptoms of COVID-19, do your part, and stay home.

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun, you may move your registration to another Lifeguarding class offered by Aquatic Management of Indianapolis in the same year dependent on course availability. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class. Aquatic Management of Indianapolis reserves the right to cancel a class due to lack of enrollment. If this occurs, you will be offered first choice in the next available class.

Certifications

Lifeguard Course:

American Red Cross Lifeguard Training certificate - valid for 2 years

American Red Cross First Aid - valid for 2 years

American Red Cross CPR/AED for Lifeguards - valid for 2 years

All classes are “Blended Learning” course – participant must complete (and pass) On-Line Modules required by the American Red Cross (approximately 7 hours) prior to attending the “Face-to-Face” classes.

Pre-Course Requirements - *The purpose of the swim test is to demonstrate comfort in the water.*

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

Course Location, DAY 1

Fishers YMCA

9012 E 126th, fishers, IN 46038

Course Location, DAY 2

Aquatic Management of Indianapolis OFFICE

17715 Commerce dr, Westfield, IN, 46074

To Register:

Visit indianapolis-pmg.com and click on Lifeguard Certification. Accept the terms and the schedule will appear. Choose your class.

2021 American Red Cross Lifeguard Certification Course Schedule

Lifeguard Courses Dates and Times:

Class #1: Saturday, March 6th & Sunday, March 7th

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Class #2: Saturday, March 20th & Sunday, March 21st

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Class #3: Saturday, April 10th & Sunday, April 11th

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Class #4: Saturday, April 17th & Sunday, April 18th

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Class #5: Saturday, May 1st & Sunday, May 2nd

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Class #6: Saturday, May 15th & Sunday, May 16th

Class Times: 2:00PM-5:00PM 10:00AM-2:00PM

Limit: 18 students per class

Lifeguard Class Fees:

\$200.00- for employees, \$250.00-for non-employees

Payable at indianapolis-pmg.com at time of registration only

2021 American Red Cross Lifeguard Recertification Course Schedule

Recertification Courses Dates and Times: TBD