



# Lifeguard Certification Schedule

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs.
3. Complete a timed event within 1 minute, 40 seconds.
  - ~Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - ~Surface dive, feet-first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
  - ~Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface. You should not swim the distance under water. Exit the water without using a ladder or steps.

## Certification Dates:

April 12th: 5pm-9pm

April 13th: 8am-6pm

April 14th: 8am-6pm

May 13-16th

4:00pm-9:00pm

May 17th

4:00-6:00pm

Call (660)826-4930 or email [cscott@sedaliaparks.com](mailto:cscott@sedaliaparks.com) for more information.