



## Hartland Aquatic Center Spring 2017 Lifeguard Program

Dates: May 15<sup>th</sup> - 25<sup>th</sup>

Days: Monday through Thursday

Time: 6-9pm

*(Registration Deadline: May 15<sup>th</sup>)*

This is an American Red Cross blended learning course. To complete this course, participants must complete an online portion of the class, as well as attend and complete all classroom portions.

Payment for this course is in two increments. A fee of **\$165** to HCAC for the classroom portion and lifeguard manual, and a fee of **\$35** paid directly to the Red Cross for access to the online portion.

The class includes CPR for the Professional Rescuer and First Aid. You must be at least 15 years old by completion of the course to qualify.

Participants must complete the pre-required swim test (details on back).

**Attendance at all classroom portions is mandatory.**

**For more information or to register,  
please contact the pool:**

**810-626-2279**

**[hartlandpool@hartlandschools.us](mailto:hartlandpool@hartlandschools.us)**



## Red Cross Lifeguard Pre-Class Swimming Test

Class participants must be able to successfully complete the following:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing, using front crawl, breaststroke or a combination of both. Swimming on back or side not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs.
- Complete the following in 1 minute, 40 seconds: Starting in the water, swim 20 yards with face in or out of the water without swim goggles, surface dive feet-first or head-first to 7-10' to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates cannot swim this distance under water. Exit the water without using a ladder or steps.

**Swimmers will be tested prior to the first day of class to confirm qualification.**



## Spring 2017 Lifeguard Class Registration Process

### **Step 1)**

Please contact the pool at 810-626-2279 to set up the required swimming pre-test.

### **Step 2)**

Register for the lifeguard class by paying the \$165 registration fee.

### **Step 3)**

After registering, you will receive an email from HCAC with directions on how to register for the online portion of the class hosted by the Red Cross. Please be aware that the Red Cross charges a separate fee of \$35 for access to the online content.

### **Step 4)**

Access to the online content begins 3/1/17. Please be aware that all online content **MUST** be completed entirely before the first class session on . Failure to complete the online portions = failure of entire class.

(Note: Completion of the online portion of the class requires ~10 hours.)

**Step 5)** Attend and complete all mandatory classroom sessions.