**Information about Lifeguarding Classes**

Lifeguarding Classes Dates and Times

Friday, June 2nd – 6-10pm

Saturday, June 3rd – 9am-7pm (Recert)

Sunday, June 4th – 1-7pm

Location – Ridley High School

* 901 Morton Avenue, Folsom, PA 19033

Price – The full three-day lifeguarding class is $250.00 and the recert class is $150.00.

Age Requirement – Students must be 15 years old to take the class. If the student turns 15 by the end of the lifeguarding class then they are allowed to register.

Attendance – Lifeguard students must attend all training sessions to get certified.

Online Portion – The lifeguarding students must complete an online portion which may take up to seven hours to finish. This must be done before the first day of class and is only for students enrolled in the full three-day lifeguarding class. The online portion will be sent by email from the instructor to the email address on file. Please make sure that there is a valid email address on file when registering someone for the lifeguarding class.

Lifeguarding Prerequisites – There are three prerequisites that are completed before the students learn any lifeguarding skills.

* Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using freestyle, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. This portion is not timed.
* Tread water for 2 minutes. Candidates should place their hands under their armpits and are only allowed to use their legs.
* Complete a timed event within 1 minute and 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 dive brick.
  + Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the dive brick and keeping their face at or near the surface so they are able to get a breath.
  + Exit the water without using a ladder or steps.

Questions – If anyone has a question that you are not able to answer please tell them to contact Kira Drake at [kdrake@cyedc.org](mailto:kdrake@cyedc.org).