



Proud Provider of
Red Cross Training

Get Your Lifeguard Certification!

2 WEEKEND CLASSES OFFERED:

April 10 - 13 **OR** May 1 - 4

- Thurs. 4-7:30 pm
- Fri. 4-7:30 pm
- Sat. & Sun. 9 am - 6 pm


1 WEEKDAY CLASS OFFERED:

May 5-6, 12-13 and 19-20

- 6 consecutive Mondays & Tuesdays
- Must attend ALL dates
- Mon. & Tues. 4-7:30 pm

\$200
Military \$180

Register Online March 1

 774 - 3998

 1115 S. Lafayette Dr.

 sumterswim.com



Lifeguard Certification Information (Updated 2025 Season)

City of Sumter Aquatics Center

Instructor: Grayce Howard

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies in both shallow water (less than 7 feet) and deeper water (7 feet or more).
- Provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) professionals take over.

The cost of certification is \$200 (military \$180).

All lifeguards hired for the 2025 season must interview for the position before registering for the course and successfully obtain certification for the cost of certification to be reimbursed and paid for.

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 swimming skills evaluation, which includes two parts and takes place during the first in-person session. If participants do not pass both prerequisite swimming skills, they will NOT be allowed to participate in class.**

- **Prerequisite 1:** Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you must use only your legs.
- **Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-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, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

During the first in-person session, you will be required to provide proof of age and identity.

This course follows a blended learning model, which combines online coursework with in-person sessions. Please plan to complete all of the assigned online course modules at least 2 days prior to the corresponding in-person session. The online course content (16 modules) is designed to be completed in approximately 6 hours, with each module taking between 15 and 30 minutes to complete. You may require more or less time to complete each module. I recommend beginning the online coursework as soon as possible to ensure that you are able to complete all of the assigned online modules in advance of the corresponding in-person sessions.

The total instructional time for the Lifeguarding course in-person sessions is 21.5 hours (excluding meal and rest breaks). All in-person sessions will take place at the City of Sumter Aquatics Center (1115 S. Lafayette Dr., Sumter 29150).

In-person session times for the 2025 training season are listed below:

IN-PERSON SESSION	SESSION DATE	SESSION TIME
WEEKEND: APRIL 10-13	Thursday, April 10	4:00 pm – 7:30 pm
	Friday, April 11	4:00 pm – 7:30 pm
	Saturday, April 12	9:00 am – 6:00 pm
	Sunday, April 13	9:00 am – 6:00 pm
WEEKEND: MAY 1-4	Thursday, May 1	4:00 pm – 7:30 pm
	Friday, May 2	4:00 pm – 7:30 pm
	Saturday, May 3	9:00 am – 6:00 pm
	Sunday, May 4	9:00 am – 6:00 pm
WEEKDAY: MAY 5-20 (6 DAY COURSE)	Monday, May 5	4:00 pm – 7:30 pm
	Tuesday, May 6	4:00 pm – 7:30 pm
	Monday, May 12	4:00 pm – 7:30 pm
	Tuesday, May 13	4:00 pm – 7:30 pm
	Monday, May 19	4:00 pm – 7:30 pm
	Tuesday, May 20	4:00 pm – 7:30 pm

In general, you will need the following for each in-person session:

- A swimsuit that allows for good range of motion and that will stay secure and keep you covered during physical activity (not provided)
- A towel (not provided)
- Comfortable clothing for classroom activities and practicing skills such as CPR (not provided)

- Your Lifeguarding Manual (in either print or digital format), hip pack, resuscitation mask and whistle (all provided)
- Water bottle (required- not provided)
- Lunch on Saturday & Sunday (not provided)
- Snacks (not provided)

For your comfort, you may want to bring an extra swimsuit and a change of dry clothes, in addition to an extra layer (such as a sweatshirt and sweatpants).

To successfully complete the course and receive certification, you must:

- Complete all online course content in advance of the corresponding in-person sessions
- Attend the entire course and participate in all in-person sessions
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities and scenarios
- Demonstrate proficiency in all skills
- Successfully pass the final written exam with a minimum grade of 80 percent
- Pass three final skill assessments

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding (Deep Water or Shallow Water) with CPR/AED for Professional Rescuers and First Aid, valid for 2 years.

Please be aware that the skill practice sessions in the Lifeguarding course involve strenuous physical activity. If you have any concerns about your ability to participate fully in class (for example, because of a medical condition or disability), please contact the Sumter Aquatics Director before the first in-person session to discuss possible accommodations. You may also wish to speak with a healthcare professional before the first in-person session.

The cost of certification is \$200 (military \$180).

All lifeguards hired for the 2025 season must interview for the position before registering for the course and successfully obtain certification for the cost of certification to be reimbursed and paid for.

If you have any questions, please contact me directly at: Email Grayce Howard ghoward@sumtersc.gov