



American Red Cross Classes

American Red Cross Lifeguarding

The purpose of this class is to provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Participants will be trained and certified to provide care for breathing and cardiac emergencies, injuries, and sudden illness until EMS (emergency services) take over. *Participants must be at least 15 years of age, be able to swim 300 yards continuously while demonstrating breathing control and rhythmic breathing, tread water for two minutes using the legs only, and complete a timed event.* The class includes 7 hours and 25 minutes of online learning and 20 hours of hands-on instruction. Upon successful completion, participants will receive the American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED, which is valid for two years. Attendance at all facility sessions and completion of all online lessons are two of a number of requirements necessary to successfully pass for certification.

Facilitators: Liz Terzian and Larry Phippen,
American Red Cross Certified Instructors

Pre-course and swim test: By appointment (Please call 530.542.6056)

Sessions: Session 1, February 16th—20th, 4pm—8pm
(must register by February 9th)
Session 2, April 6th—10th, 4pm—8pm
(must register by March 30th)

Location: South Lake Tahoe Recreation & Pool Complex

Fee: \$225

[Register online at www.cslt.sportssignup.com](http://www.cslt.sportssignup.com)

Use the power of redcross.org to grow your business



**American
Red Cross**

Every week 170,000 people search for courses on redcross.org

Take advantage of what the Red Cross brand can do for your business. All you have to do is upload your course information to redcross.org and you'll gain access to more people who are looking for Red Cross training. It's free to our authorized providers and licensed training providers.

Our partners who have posted their courses on redcross.org have seen as much as a 100% increase in course enrollees for their business. Get started today.

Here's how it works.

- Upload your course information directly to redcross.org for open enrollment
- Providers have 2 options for accepting registration. Your customers can locate your Red Cross Aquatics courses by location, date and time at redcross.org and register online or by phone/in-person:
 - Online: Your customer will then be linked to the specific class they requested on your website for registration and payment.
 - Phone or in-person: A pop-up box will appear when the customer clicks "register", informing them of the next step to enroll in the class, based on your enrollment instructions.

List all of your instructor-led and blended learning Red Cross Aquatics

- Red Cross Lifeguarding—core courses and add-on modules, and Junior Lifeguarding
- Red Cross Safety Training for Swim Coaches
- Red Cross Learn-to-Swim
- Red Cross Basic Water Rescue
- Red Cross Personal Water Safety and Red Cross Small Craft Safety
- Red Cross Water Safety presentations—for example, Home Pool Safety and Water Safety Today
- Red Cross Instructor Training (Water Safety & Lifeguarding)



Benefits that deliver every week on redcross.org:

- 900,000 visitors
- 170,000 searching for courses
- 5,000 registering for courses



Leverage what the Red Cross brand can do for your business.

Go to arcphss.org/LTPonRCO or contact your Red Cross Representative:

Name: Kate C. Richardson
Phone: (720) 437-1452
Email: kate.richardson@redcross.org
redcross.org/aquaticsrepresentatives