Gilmour Academy is offering Red Cross Lifeguarding classes beginning March 23. The purpose of this class is to give lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents.

Prerequisites

- Must be 15 by conclusion of the class
- Swim 500 yards continuously, using these strokes in the following order: 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke; 200 yards of front crawl using rhythmic breathing and/or breaststroke; last 200 yards may be mixture of front crawl and breaststroke.
- Swim 20 yards using front crawl or breaststroke, dive to a depth of 7-10 feet, retrieve a 10-pound object and return it to the surface, and swim 20 yards back to the starting point.

Certification Requirements

- Pass the one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete three final skill scenarios.

Classes offered:

Blended Learning - Student must complete an online course prior to the start of in-person skill sessions. Students will be provided access to online content upon registering for course. In-person skill sessions will be held in three sessions. Students only need to attend ONE session.

Session 1: Monday, March 23 - Wednesday, March 25 from 7 a.m.-2 p.m.
Session 2: Saturday, March 21 - Sunday, March 22 from 7 a.m.-4 p.m.
Session 3: Monday April 13 - Wednesday, April 15 from 7 a.m.-2 p.m.

Please visit www.gilmourlancers.com to register.
Recertification only options available as well. Contact Jackie Speziale for details.

Register today! Classes fill up fast! Visit gilmourlancers.com and click on Natatorium to register. Or you can contact Jackie Speziale at (440) 473-8180 or spezialej@gilmour.org.

* $265 is NON-REFUNDABLE. Please make sure that you can complete the prerequisites prior to signing up for the class. You must pass written tests with an 80% and pass all of the water skills in order to obtain our certification. Failure to pass the prerequisites or the class will not result in a refund.