

LIFEGUARDS & WATER SAFETY INSTRUCTOR CLASSES

ROCK RAPIDS SWIMMING POOL

Contact: Emma Chase 712-400-9697

LIFEGUARD

MAY 18, 20, 21 – 4:00-9:00 p.m.

WATER SAFETY INSTRUCTOR WSI

MAY 18, 20, 21 – 4:00-9:00 p.m.

ALL SEASONS CENTER | SIOUX CENTER

Contact: Jill at 712-722-4386 ext. 6

jillm@allseasoncenter.org

Register online: <https://asc.activityreg.com/>

LIFEGUARD

Must attend all 6 dates of class

- March 2 – 6:00-7:30 p.m.
- March 5 – 6:00-10:00 p.m.
- March 9 – 6:00-10:00 p.m.
- March 23 – 6:00-10:00 p.m.
- March 26 – 6:00-10:00 p.m.
- March 30 – 6:00-10:00 p.m.

LIFEGUARD RE-CERTIFICATION

April 18 – 7:00a.m.-5:00p.m.
May 12 & 13 – 5:00-10:00p.m.

WATER SAFETY INSTRUCTOR (WSI)

Must attend all 6 dates of class

- April 6 – 6:00-10:00 p.m.
 - April 9 – 6:00-10:00 p.m.
 - April 13 – 6:00-10:00 p.m.
 - April 21 – 6:00-10:00 p.m.
 - April 28 – 6:00-10:00 p.m.
 - April 30 – 6:00-10:00 p.m.
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LUVERNE AQUATIC & FITNESS CENTER

Contact: Michelle DeKam at 507-449-5036 or 507-227-6125

mdekam@cityofluverne.org

****will work with the city to get a group certified or recertified a minimum of 5 participants**

LIFEGUARD

February 27-March 1 from 7:00a.m.-7:30p.m.
March 27-29
May 8-10

LIFEGUARD RE-CERTIFICATION

Reach out to Michelle with a minimum of **5 participants**, to hold a recertification session.
These are the weeks she has available:
May 11-14
May 18-22

WATER SAFETY INSTRUCTOR (WSI)

May 26-28 from 7:00a.m.-7:00p.m.
May 29-31
June 1-4
June 8-11

SHELDON REC.

Contact: 712-324-4651

LIFEGUARD SET UP TRAINING WHEN SHELDON SCHOOL IS OUT—NO TRAINING IN WINTER
WSI NO TRAINING

LIFEGUARDS & WATER SAFETY INSTRUCTOR CLASSES

EMBE (EMPOWERING YOU TO BE) | SIOUX FALLS

Contact: Jaeya at 605-215-6721

jjones@embe.org

website: <https://www.embe.org/>

Register online: <https://embe.recdesk.com/Community/Program?category=1>

LIFEGUARD

February 27-March 1

March 3-6

March 27-29

April 10-12

April 24-26

May 1-3

May 15-17

June 5-7

LIFEGUARD RE-CERTIFICATION

February 22

March 22

April 26

May 10

WATER SAFETY INSTRUCTOR (WSI)

March 7-8 from 8:00 a.m.-8:00 p.m.

April 18-19

May 2-3

WORTHINGTON YMCA

Contact: Erin Jans 507-376-6197 ext.226

erin.jans@ymcaworthington.org

website: <https://ymcaworthington.org/>

Register online: <https://ymcaworthington.org/programs/aquatics/american-red-cross-certifications>

LIFEGUARD

Blended Classes – 8-Hour Online Portion done on own time before In Person Class

February 20-22 (Last Day to Register is February 6)

Friday – 4:00-10:00p.m.

Saturday – 8:00a.m.-5:00p.m.

Sunday – 8:00a.m.-5:00p.m.

March 20-22 (Last Day to Register is March 6)

Friday – 4:00-10:00p.m.

Saturday – 8:00a.m.-5:00p.m.

Sunday – 8:00a.m.-5:00p.m.

April 17-19 (Last Day to Register is April 3)

Friday – 4:00-10:00p.m.

Saturday – 8:00a.m.-5:00p.m.

Sunday – 8:00a.m.-5:00p.m.

May 8-10 (Last Day to Register is April 24)

Friday – 4:00-10:00p.m.

Saturday – 8:00a.m.-5:00p.m.

Sunday – 8:00a.m.-5:00p.m.

LIFEGUARD RECERTIFICATION

April 25 – 8:00a.m.-7:00p.m. (Last Day to Register is April 22)

May 16 – 8:00a.m.-7:00p.m. (Last Day to Register is May 13)

WATER SAFETY INSTRUCTOR (WSI)

May 22-24 (Last Day to Register is May 8)

LIFEGUARDS & WATER SAFETY INSTRUCTOR CLASSES

Water Safety Instructor Program at EMBE

The training is approximately 30 hours in length. The one-weekend or weekday Water Safety Instructor (WSI) course features a training time of 30 hours and 30 minutes, including the pre-course session, and is open to those at least 16 years old. Through online, video and hands-on skill building, the course includes all the water safety and drowning prevention tools and information needed to plan and conduct courses in the American Red Cross Swimming and Water Safety program.

The online portion of the class needs to be completed before the classroom portion begins. The link for the online portion can be found in the confirmation email sent to you.

Prerequisites:

- Minimum age - 16 years old by the end of the course
- Proof of your age (such as a valid driver's license is required on the first day of class)

Pre-course Skills Test: You must demonstrate Red Cross Level 4 swimming skills.

- Front crawl 25 yards
- Back crawl 25 yards · Breast stroke 25 Yards
- Elementary backstroke 25 yards
- Sidestroke 25 yards
- Butterfly 15 yards
- Maintain position on back for one minute in deep water (float or scull)
- Tread water for one minute

Lifeguard Review Course at EMBE

The training is approximately 12 hours in length. Prerequisites - students will be tested for the following skills:

Prerequisites:

- To be eligible to participate in the Lifeguarding Review course, participants must have a current certification or no longer than 1 month expired certification in Lifeguarding and CPR/AED for the Professional Rescuer.
- Participants must be able to show American Red Cross Universal Certificates indicating Lifeguarding/First Aid and CPR for the Professional Rescuer (or a recognized equivalent certificate).

Certification requirements:

- Pass 2 written tests with a minimum grade of 80% or better on each section
- Successfully complete four final skill scenarios · Successfully performs all critical skills
- Must attend both CPR and Lifeguard portions

LIFEGUARDS & WATER SAFETY INSTRUCTOR CLASSES

Lifeguard Training at EMBE

The training is approximately 27 hours in length. The prerequisite test is held on the first day.

Prerequisites - students will be tested for the following skills:

- Minimum age - 15 years old on the last day of class
- Tread water for 2 minutes using legs only
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- 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, feet-first or head-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 with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

Lifeguard candidates must attend every session at the times listed by the facility. Weekend classes are from 5 pm-10 pm on Friday and 8 am-6 pm on Saturday and Sunday. Weekday classes are from 8 am-6 pm. Instructor will verify the schedule on the first day of class. Attendance in the course does not guarantee Lifeguard Certification. Candidates must pass written and practical exams.

We will be running this class as a blended learning class and the Red Cross now has the option for you to do online simulations and videos before you come to class. This will cut down the time that you will need to be here at our facility. You will need to complete this portion before you come here on Friday. This will take about 7 hours to complete so plan appropriately. Please print off your certificate for the instructor once you complete the online portion. Here is the link: <http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af> If you have any trouble or questions regarding the online link – you can contact 1-800-Red-Cross.

If you would like to view the book online you may go to the following website: <https://www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual>

Certification requirements:

- Pass 2 written tests with a minimum grade of 80% or better on each section
 - Successfully complete four final skill scenarios
 - Successfully performs all critical skills
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