



## HASLETT COMMUNITY EDUCATION



Scan to Register

# SAVE A LIFE

## American Red Cross

### Lifeguard Training or LGI Certification



**Looking for a great job where you can make a difference?  
Become an ARC Certified Lifeguard in your community!**

**Registration Deadline:** 3/28 (access email will be sent for the online portion once class begins)

**Start Date For Online Portion:** As early as 4/1 (this portion is at your own pace, but it must be completed prior to in-person training)

**In-person Pool Training Time:** Saturday, 4/13 from 11:00 PM-6:00 PM at the Haslett High School Pool

**\* 100% attendance required for in-person training date to be eligible for certification\***

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard. It presents information on the basic skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to guard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. It also covers accident prevention, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, weather and open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The course will be a combination blended learning format along with pool class time. Students must successfully complete the online portion prior to beginning the pool class time portion. The online portion takes approximately 7.5 hours to complete. Students who successfully pass the course will receive certifications in Lifeguarding, First Aid, CPR, and AED. You are required to *bring your Certification of Completion from the online portion to the in-person class.*

### **Lifeguard Required Prerequisites** (performed during in-person class at Haslett Community Pool):

- 15 years of age by the last scheduled day of class
- Swim 300 yds continuously (demonstrating rhythmic breathing and breath control – 100 yards front crawl, 100 yds breaststroke, and 100 yds of your choice of either front crawl or breaststroke)
- Complete a timed event swimming 20 yds, surface diving in 7-10 feet, retrieving 10 lb. object, return to surface, swim on back with object to point of start and exit water with no assistance w/out ladder/steps
- Tread water for 2 minutes using legs only with hands tucked into armpits

**\* If you cannot perform the required prerequisites you will not be allowed to complete the class or be certified \***

### **How do I register?**

- Class cost is \$175.00 includes all instruction, supplies, and American Red Cross fees  
(please bring a one piece bathing suit, towel, goggles, and your Certification of Completion for the online portion)
- Register online at [apm.activecommunities.com/haslett](http://apm.activecommunities.com/haslett) on or before 3/28
- Register in-person at Haslett Community Education, 1590 Franklin Street, Haslett, MI, 48840 or via phone at (517) 339-3665, Monday-Friday, 8:30 AM - 4:00 PM on or before 3/28
- For questions regarding payment options/scholarships, please email Angela Dove at [doveam@haslett.k12.mi.us](mailto:doveam@haslett.k12.mi.us)
- LGI description and prerequisites are different and require pre-approval from Bob Oliver. For that and any additional questions regarding class instruction or content please email Bob at [boboliver@outlook.com](mailto:boboliver@outlook.com)