

Lifeguard Certification

Flintridge Prep Pool

June 8th; 9 am - 11 am

June 9th -June 12th, 2026; 9am-2pm



Course Description

This is a Blended Learning course, which combines online coursework with in-person sessions. Once signed up you will receive instructions via email from the American Red Cross for accessing the online course work. Online course content (16 modules) is designed to be completed in approximately 6 hours and must be completed prior to your first in-person session. The total instructional time for the lifeguarding course in-person sessions is 21.5 hours.

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.

To enroll in the Lifeguarding course, you must be at least 15 years old by June 12, 2026. To participate in the course, you must be able to pass a prerequisite swimming skills evaluation, which includes two parts and takes place on June 8, 2026 (9 am - 11 am) at the Flintridge Prep pool.

- **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 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 the ladder or the steps.

First In-Person Session Requirements (June 8, 2026)

During the first in-person session, participants must:

- Provide proof of age and identity
- Show completion of the online coursework
- Successfully pass both prerequisite swimming evaluations
- **Only participants who meet all requirements will be permitted to continue in the course.**

To successfully complete the course and receive certification you must:

- Complete all online course content in advance of in-person sessions
- Attend the entire course and participate in all in-person sessions
- Actively participate in all course activities
- Demonstrate proficiency in all skills
- Successfully pass the final written exam with 80 percent minimum
- Pass three final skill assessments

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

Please be aware that the skill practice in the lifeguarding course involves strenuous physical activity.