



# 2023 AMERICAN RED CROSS LIFEGUARD COURSE SCHEDULE RICHARDSON POOL



January 23-27  
February 28- March 4  
March 13-17 (*High School and College Students Only*)  
March 20-24  
April 17-21  
May 15-19  
June 26-30  
July 24-28  
August 21-25  
Sept 18-22  
Oct 23-27

\$150.00 for **Active Duty**

\$175 for **Civilians**

All participants must be **at least 15 years old** and able to complete the following skills demonstration before being accepted to the class.

1. Swim **300 meters** continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the *front crawl, breaststroke or a combination of both*, but **swimming on the back or side is not allowed**. Swim goggles may be used.
2. Tread water for **2 minutes**.
3. Complete a timed event within **1 minute and 40 seconds**:
  - Starting in the water, swim **15-20 meters**. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a **depth of 10 to 15 feet to retrieve a 10-pound object**.
  - Return to the surface and swim **20 meters** on the back to return to the starting point with both hands holding the object.
  - Exit the water without using a ladder or steps.

Pre-Requisite Demonstrations must be completed during these following hours:

**Monday, Wednesday - Friday**

8 – 9 a.m. & 11 a.m. - 4 p.m.

**Saturday**

10 a.m. - 4 p.m

For more information, call (808) 655-9698