



**American
Red Cross**

2022 American Red Cross Waterfront Certification Course

Pre-requisites: September 7 – October 6

Course dates: October 6 & 7

1. Must already have a valid American Red Cross Lifeguard certification.
2. **For pre-requisites**, you must be able to:
 - Swim 300 meters non-stop using rescue strokes (freestyle, breaststroke, sidestroke)
 - Tread water for 2 minutes
 - Retrieve life size mannequin from 10-15 FT of water.
 - Demonstrate CPR/AED usage
3. Pre-requisites will be held from September 7 to October 6. Monday, Wednesday – Friday from 11 a.m. – 5 p.m.
4. \$75.00 for Active Duty Service Members and \$100 for Civilians
5. Course is approximately 16 hours total. (2-Day course)
6. **Day 1:** Thursday, October 6; 9 a.m. - 5 p.m.
Richardson Pool, Schofield Barracks.
Day 2: Friday, October 7; 9 a.m. – 5 p.m.
Pililaau Army Recreation Center (PARC), Waianae.
7. All Participants must attend both days to receive the certification.

Participants should have their own snorkel, dive mask, and fins.

This is not an Ocean Front certification.

For more information, call (808) 655- 9698

