



**ARMY MWR  
2026 LIFEGUARD COURSE DATES & PREREQUISITE INFORMATION  
RICHARDSON AQUATICS SAFETY TRAINING CENTER BUILDING 578  
808-787-4090**



**American Red Cross**  
Training Services

*Saving lives starts here™*

**2026 Deep Water Lifeguarding Fact Sheet-COURSE IS APPROXIMATELY 36 HOURS LONG**

**Course Purpose** The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

**Lifeguarding training is conducted and evaluated in water depths ranging from 0 to 15 feet.**

**ALL CLASSES ARE HELD AT RICHARDSON AQUATICS SAFETY TRAINING CENTER**

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| <ul style="list-style-type: none"> <li>▪ <i>Feb 23rd-27th (All Ages)</i></li> <li>▪ <i>March 16th-20th (High School Ages Only)</i></li> <li>▪ <i>March 23rd-27th (All Ages)</i></li> <li>▪ <i>April 27th-May 1st (All Ages)</i></li> <li>▪ <i>May 18th-22nd (All Ages)</i></li> <li>▪ <i>June 1st-5th (High School Ages Only)</i></li> </ul> | <ul style="list-style-type: none"> <li>▪ <i>June 22nd-26th (All Ages)</i></li> <li>▪ <i>July 20th-22nd (WATER FRONT)***</i></li> <li>▪ <i>August 24th-28th (All Ages)</i></li> <li>▪ <i>September 21st-25th (All Ages)</i></li> <li>▪ <i>October 5th-9th (High School Ages Only)</i></li> <li>▪ <i>October 19th-23rd (All Ages)</i></li> </ul> |
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**Course Prerequisites** To participate in the Lifeguarding course, participants must:

- Be at least 15 years old.
- Successfully complete the two pre-requisite swimming skills evaluations listed below:

<b>Prerequisite 1:</b> Complete a swim-tread-swim sequence without stopping to rest:	<b>Prerequisite 2:</b> Complete a timed event within 1 minute, 40 seconds:
<ul style="list-style-type: none"> <li>• Jump into the water and totally submerge, resurface then swim 150 METERS using the front crawl, breaststroke with rhythmic breathing to the side or front. <b>(Swimming on the back or side is not permitted).</b></li> <li>• Maintain position at the surface of the water for 2 minutes by treading water using only your legs.</li> <li>• Swim 50 METERS using the front crawl, breaststroke or a combination of both. Swim goggles are only allowed for this portion of the skills demonstration.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim 20 METERS. (The face may be in or out of the water. <b>SWIM GOGGLES ARE NOT ALLOWED</b>).</li> <li>• Submerge to a depth of 10 - 15 feet to retrieve a 10-pound object.</li> <li>• Return to the surface and swim 20 METERS on your back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.</li> <li>• Task must be completed in <b>1 min, 40 Secs</b></li> <li>• Exit the water without using a ladder or steps.</li> </ul>

**Note: PARTICIPANTS MUST ATTEND ALL CLASSES. CLASSES ARE HELD MON-FRIDAY (0900-1730)**

PRICES ARE: ACTIVE DUTY SERVICE MEMBERS \$150.00      CIVILIANS & DEPENDENTS: \$175.00

**PAYMENT IS DUE THE AT THE START OF THE CLASS--NO REFUNDS**

**COURSE ALLOWS UNIT COMPLIANCE WITH REQUIREMENTS TO CONDUCT AWST & CWSA IN ACCORDANCE WITH ARMY FM 7-22 (Sec 7-29 & 7-30)**

\*\*\*TO ATTEND THE WATER FRONT CLASS YOU MUST ALREADY HAVE VALID AMERICAN RED CROSS DEEP WATER LIFEGUARD CERTIFICATION  
**COMPLETION OF THE PRE-REQUISITES DOES NOT GUARENTEE SUCCESS IN THE CLASS**