

To participate in the Lifeguarding Course, participants must:

1. Swim 150 meters
2. Tread water for 2 minutes
3. Swim 50 meters
4. Complete Timed Skills Demonstration (Retrieve a 10lb object from 10-15ft feet of water in under 1 min, 40 secs.)

Courses are open to ages 15 & up, unless otherwise noted.

COST:

**SERVICE MEMBERS
OF ALL BRANCHES: \$150
CIVILIANS: \$175**



**American
Red Cross**

2026 Lifeguard Courses

Richardson Pool
Schofield Barracks

**MONDAY - FRIDAY
9 A.M.-5:30 P.M.**

COURSE DATES:

FEBRUARY 23 - 27
(All Ages)

MARCH 16 - 20
(High School Ages Only)

MARCH 23 - 27
(All Ages)

APRIL 27 - MAY 1
(All Ages)

MAY 18 - 22
(All Ages)

JUNE 1 - 5
(High School Ages Only)

JUNE 22 - 26
(All Ages)

JULY 20 - 22
(WATER FRONT)***

AUGUST 24 - 28
(All Ages)

SEPTEMBER 21 - 25
(All Ages)

OCTOBER 5 - 9
(High School Ages Only)

OCTOBER 19 - 23
(All Ages)

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.



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