

*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)

**JUNE 22 - 26**  
(All Ages)

**MARCH 16 - 20**  
(High School Ages Only)

**JULY 20 - 22**  
(WATER FRONT)\*\*\*

**MARCH 23 - 27**  
(All Ages)

**AUGUST 24 - 28**  
(All Ages)

**APRIL 27 - MAY 1**  
(All Ages)

**SEPTEMBER 21 - 25**  
(All Ages)

**MAY 18 - 22**  
(All Ages)

**OCTOBER 5 - 9**  
(High School Ages Only)

**JUNE 1 - 5**  
(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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