

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

Scan the QR Code below for additional information



Courses are open to ages 18 & up, unless otherwise noted.

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



For more information,
call (808) 787-4090.



HiMWR.com or MWR HAWAII



American Red Cross

2025

Lifeguard Courses

Richardson Pool
Schofield Barracks

MONDAY - FRIDAY
8:45 A.M.-5:30 P.M.

COURSE DATES:

- February 24 - 28
- March 17 - 21
(High School Ages Only 15-18 Years old)
- March 24 - 28
- April 21 - 25
- May 19 - 23
- June 2 - 6
(High School Ages Only 15-18 Years old)
- June 23 - 27
- August 18 - 22
- September 22 - 26
- October 6 - 10
(High School Ages Only 15-18 Years old)
- October 20 - 24

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.