

American Red Cross 2026 Lifeguarding Class Registration

Please print clearly:

Name: _____

Address: _____ City: _____ Zip: _____

Your Phone: _____ Parent/Home Phone: _____

Email: _____

Candidate must be 15 years of age on or before the final day of class.

Date of Birth: _____

See Page 2 for specific class dates and course information. Course includes Red Cross certification in Lifeguarding, First Aid and CPR/AED for Professional Rescuers. Administering Emergency Oxygen, Waterfront Lifeguarding and Waterpark Lifeguarding options available at no additional cost.

Select a class:

- ☐ Class 1 – May 2-16 – Heise
- ☐ Class 2 – June 15-19 – Heise

Payment:

- ☐ Cash
- ☐ Check
- ☐ Venmo
- ☐ Debit/Credit Card (+\$12.00)

Course fee: \$290.00 (Standard Red Cross price – \$700.00) . **Inquire about free training for Heise Hot Springs and City of Ammon employees.** The Lifeguarding Participant manual eBook is included in the fee. Payment must be made, at time of registration, by cash, check, Venmo, debit card or credit card. [\$12.00 processing fee if paying by debit or credit card.] **Make checks payable to “Owens Health and Safety, LLC.”** Credit card payments can be made in person or on the phone. 208-360-6491 Online payment is not available. Mail registration form and payment to **Owens Health and Safety, LLC, 1385 Lowell Drive, Idaho Falls, ID 83402-5175.** Candidates who do not successfully complete the prerequisite swim may receive a full refund

Lifeguarding candidate **MUST** attend all classes to receive a certification!

Email questions to: classes@owenshs.com

Class information available at www.owenshs.com

I understand I must attend all classes and I have read the drop policy.

Candidate signature if 18 or older. Parent or guardian signature if under 18.

Owens Health and Safety is an American Red Cross Licensed Training Provider

Most Lifeguarding courses only offer the basic Red Cross Lifeguarding certification. Included in the cost of our course is certification in Red Cross Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding and Administering Emergency Oxygen. Taken separately, these 4 certifications would cost \$700.00. We maintain a smaller instructor to student ratio to provide more personalized instruction to the students. Our syllabus includes additional time for in-water skills practice, resulting in better trained lifeguards.

WHY DO OUR CLASSES COST MORE? Four Red Cross certifications, 5 extra hours included to practice skills, fewer students per instructor, instructors have decades of teaching experience, highest quality training offered in Idaho.

PRETEST: Candidate must successfully demonstrate the following skills during the pretest session to continue the course:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Swim 550 yards for Waterfront Lifeguarding certification. May only use front crawl stroke and breaststroke.
2. In the middle of the 300/550-yard swim, stop and tread water for 2 minutes using only the legs. Hands in armpits. Then complete the 300/550-yard swim.
3. Starting in the water, swim 20 yards, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point keeping both hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

NOTE: Minimum class size is 10 lifeguarding candidates. Course may be cancelled if minimum class size is not met.

Lifeguarding courses will be conducted using a combination of online, classroom and in-water training. There are one to four written exams (depending on modules selected) that must be passed with a score of 80% or higher.

Class 1 - Tuesday, Thursday, Saturday – May 2 to May 16 – Heise Hot Springs, Ririe, ID

Course pretest Saturday, May 2, at 8:00am.

Classroom training Tuesdays and Thursdays from 6:00pm to 9:30pm.

In-water training Saturdays, May 2, 9 and 16 from 8:00am to 5:00pm.

Class 2 – Monday through Friday – June 15 to June 19 – 8:00am to 5:00pm - Heise Hot Springs, Ririe, ID

Red Cross Cancellation/Drop Policy

If the cancellation occurs:

- 1 to 5 days before the class start date, the drop fee is 40%
- Class start date or any time after the class start date, the drop fee is 100%
- Candidate may transfer to another scheduled lifeguarding class with no drop fee

If a student misses any class time, a makeup session will be scheduled with an instructor at an additional cost of \$30.00 per hour. Minimum of one hour. Heise Hot Springs and City of Ammon will not pay for additional training.



Laurence Owens

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venmo

Scan this code to pay