

2026 Red Cross Lifeguarding Training Class
Spring Session: May 2 to 16, 2026 – Heise Hot Springs
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Saturday, May 2

Pool 8:00a-9:00a

Prerequisite skills test –

- Swim 150 yards continuously using front crawl and breaststroke. Stop swimming and immediately start treading water for 2 minutes using only your legs. Swim an additional 50 yards continuously.
- Brick retrieval timed event – 1 minute, 40 seconds.

Classroom 9:00a-1:00p

Introduction

Professionalism on the Job

The Lifeguard's Role in Preventing Drownings

Surveillance

Emergency Preparedness and Response

Injury Prevention

Lunch 1:00p-1:30p

Pool 1:30p-5:00p

Lifeguard Scanning and Rotations

Entries and Approaches

In-water Rescues - On the Surface

Reading assignment: Chapters 1 – 6

Class Two – Tuesday, May 5

Classroom 6:00p-9:30p

Lowering the Risk for Infection

Rapid Assessment

Rescue Breathing

Cardiac Emergencies and Using an AED

Obstructed Airway Care

Reading assignment: Chapters 7 - 9

Class Three – Thursday, May 7

Classroom 6:00p-9:30p

First Aid

Head, Neck and Spinal Injuries

Reading assignment: Chapters 8, 10 and 11

Class Four – Saturday, May 9

Pool 8:00a-5:00p

In-water Rescues - Passive and Submerged

Extrications

Head, Neck and Spinal Injuries

Class Five – Tuesday, May 12

Classroom 6:00p-9:30p

Administering Emergency Oxygen

Waterpark Skills module

Waterfront Skills module

Employment and Career Development

Reading assignment: Chapters 4 - 5

Class Six – Thursday, May 14

Classroom 6:00p-9:30p

Skill Boosts

WRITTEN EXAM: Lifeguarding

WRITTEN EXAM: Admin. Emergency Oxygen

WRITTEN EXAM: Waterpark Skills

WRITTEN EXAM: Waterfront Skills

Review Chapters 1 -11 for exams

Class Seven – Saturday, May 16

Pool 8:00a-5:00p

Waterfront/Waterpark Skills

In-Water Rescue Skills review

Final In-Water Skills Scenarios

Students must participate in all classes to complete the course. Bring a **one-piece bathing suit**, towel, swim goggles (optional), Lifeguarding Participant manual, pen and paper to all classes. In order to receive certification, students must pass 100% of skills and skill scenarios and pass 80% of the questions on each written exam. Absences will result in non-completion of the course and no certificate will be given. Students must complete the reading assignments before each class. **Students must be able to open eyes under water and dive to 12 feet.** It is recommended contact lens be removed for in-water activities to prevent loss. To prevent injuries, jewelry and swim goggles may not be worn when practicing rescue skills.