

2026 Red Cross Lifeguarding Training Class
June 15 to 19, 2026 – Heise Hot Springs, Ririe, Idaho
Classes meet from 8:00am to 5:00pm
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Monday, June 15

Class/Pool 8:00am-9:30am

Introduction

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.

Class 9:30am-2:30 (Short Break for Lunch Included)

Professionalism on the Job

The Lifeguard's Role in Preventing Drownings

Surveillance

Emergency Preparedness and Response

Lifeguard Rotation and Surveillance

Guarding Activities

Responding to Water Emergencies

Pool 2:30pm-5:00pm

Pool - Rescue Skills

Reading assignment: Chapters 1, 2, 3, 4, 5, 6

Class Two – Tuesday, June 16

Class 8:00am-1:00pm Pool 2:00pm-5:00pm

Injury Prevention

Lowering the Risk for Infection

Rapid Assessment

Rescue Breathing

Cardiac Emergencies and Using an AED

Obstructed Airway Care

Pool – Rescue Skills

Reading assignment: Chapters 7, 8, 9

Class Three – Wednesday, June 17

Class 8:00am-12:30pm Pool 1:15pm-5:00pm

First Aid

Skill Boosts

Head, Neck and Spinal Injuries

Employment and Career Development

Pool – Extrications, Escapes, Team Response

Scenarios

Reading assignment: Chapters 8, 10, 11

Class Four – Thursday, June 18

Class 8:00am-Noon Pool 1:00pm-5:00pm

Written Exam:

Lifeguarding Skills

Waterpark Skills module

Waterfront Skills module

Oxygen Skills Module

Pool – Submerged Rescues and Spinals

Waterpark/Waterfront Skills

Review Chapters 1-11 for the exams

Class Five – Friday, June 19

Class 8:00am-9:30am Pool 9:30am-5:00pm

WRITTEN EXAMS:

Waterpark Skills

Waterfront Skills

Administering Emergency Oxygen

Pool

Skills Review

Final In-Water Skills Scenarios

Graduation

Classroom training – Heise Hot Springs Classroom at Summer Lodge

Pool training – Heise Hot Springs Summer Pool

Students must participate in all classes to complete the course – bring a one-piece bathing suit and towel to all classes. 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 should complete the reading assignment before class. Students must be able to open eyes under water. 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.