



**American  
Red Cross**

# **Lifeguard Certification Class**

## **Blended eLearning Course**

- Email Natalie Hawkins at [nrosale@siue.edu](mailto:nrosale@siue.edu) for Lifeguard Certification Class consideration and Summer 2022 employment.
- Certification is FREE for SIUE Students that maintain employment with Campus Recreation.

## **Requirements for Course Completion:**

- **Pre-Req Swim Test prior to enrollment in Course**
  - Swim 300 yards, continuously demonstrating breath control and rhythmic breathing.
  - Brick Dive in 10 ft of water, complete a timed event within 1 minute and 40 seconds.
  - Tread water for 2 minutes, using only the legs.
  - *Last day to complete Swim Test is Friday, April 15th – Schedule time with NatalieHawkins*
- **Completion of E-Learning Content for Lifeguard Course**
  - Week of April 18<sup>th</sup> through April 22<sup>nd</sup>.
  - E-Learning Content must be completed prior to In-Person Sessions. *(Instructor will enroll participant in online E-Learning course)*
- **In-Person Sessions Dates and Times**
  - *Friday, April 22<sup>nd</sup> from 4:00pm – 6:00pm – Student Fitness Center, VC Indoor Pool*
  - *Saturday, April 23<sup>rd</sup> from 10:00am – 5:00pm – Student Fitness Center, VC Indoor Pool.*
  - *Sunday, April 24<sup>th</sup> from 1:00pm – 6:00pm – Student Fitness Center, VC Indoor Pool (if needed)*
    - In Person Skill Session length depends on class size and lifeguard skill competency

For any questions, please contact Natalie Hawkins at [nrosale@siue.edu](mailto:nrosale@siue.edu) or call 618-650-3242