



**American
Red Cross**

BLENDED LEARNING LIFEGUARD COURSE

LIFEGUARDING CERTIFICATION

The American Red Cross Lifeguarding (including deep water) with CPR/AED for the Professional Rescuer and First Aid course is designed for those wishing to gain lifesaving skills and prepare you to work as a professional lifeguard at aquatic facilities (pools 7 feet deep or deeper). The course covers water rescues, surveillance, professional lifeguarding, spinal management, CPR/AED, and first aid skills. This will be a blended learning course, including an online portion (approximately six hours of online work) that needs to be completed before the first day of the course. Online material will be emailed once registered.

SESSION 1

- **January 18-19, 2025 from 8 am - 8 pm**

SESSION 2

- **March 22-23, 2025 from 8 am - 8 pm**

SESSION 3

- **May 17-18, 2025 from 8 am - 8 pm**

REGISTER NOW

- **Location:**
Fort Lauderdale Aquatic Center
501 Seabreeze Blvd,
Fort Lauderdale, FL 33316
- **Fee per session:**
Resident \$150, Non-Resident \$225

ALL CANDIDATES MUST PASS A SWIM EVALUATION BEFORE REGISTERING!

This includes a Swim-Tread-Swim Sequence and a Brick Test.

For more information, to schedule your evaluation and/or to register, please call (953) 828-5211.



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If you would like this publication in an alternative format, please contact (954) 828-PARK (7275) or parksinfo@fortlauderdale.gov.