



## 2023 American Red Cross Blended Learning Course Schedule and Guidelines

### Overview:

This class will certify you through the American Red Cross in Lifeguarding, Professional Rescuer CPR, AED, and First Aid. This certification is good for two full years.

Successful course completion requires **100% participation** of the online blended learning, classroom and skill sessions, and successful performance in skill and knowledge evaluations. If you miss any class days or are excessively late, you must re-register for another class. You cannot mix and match days of different classes- you must attend both days of one course. The class is scheduled **8am-5pm both days**. There is a pool and a classroom portion, with a one-hour lunch break in between.

### Class Registration:

To register for a class, please email Grace at [staffing@atlanta-pmg.com](mailto:staffing@atlanta-pmg.com) or call and speak with Grace or Caitlin at the office at (770) 992-7665 (Option 1). Just tell us which class/dates you would like to take, and we will add you to the class roster! You will receive a detailed email with all the specific class information (addresses, what to bring, lunch info, etc.) one week before the start of the class.

### Payment and Refund Policy:

**The cost of the Lifeguard Course is \$45.** You must bring your payment to the first day of the class. Acceptable forms of payment are cash or check, made out to SwimAtlanta Pool Management. If you decide that you would not like to continue with the class, you have until the end of the first day to make that decision and receive a full refund. If you take both days of the class and do not pass, you will not be issued a refund. However, you can sign up for another course at no additional cost. Please contact Caitlin or Grace with specific concerns. The required CPR masks and hip packs will be provided as part of the course fee.

### Lifeguard Certification Course Pre-Requirements:

- You must be at least **15 years of age** before the *last* day of the class to participate.
- **Completion of Online Blended Learning:** To reduce classroom time to only two days (instead of the standard three-day course), you must complete a portion of the class online. You will be emailed the link before your class with instructions on how to access and watch the required videos and take the mini quizzes. This will enable you to participate in class. Please note: the Blended Learning takes ~6 hours. It can be paused, saved, and resumed later. Make sure to give yourself enough time!  
→ You must complete the online blended learning **before** attending the in-person class.

### Skill Pre-Requirements: These will be completed together first thing on DAY 1 of class.

- **300 Yard Swim:** 300 yards of freestyle or breaststroke = 6 full laps in a regular length pool without stopping. Backstroke is not allowed. This is not a timed event- just keep swimming!
- **Brick Test:** Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10-pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water:** You must tread water without using your hands for 2 minutes. This is done as a group.



## **Lifeguard Class Schedule: (All Classes 8am-5pm BOTH DAYS)**

**Spring Break Class 1** (Saturday April 1<sup>st</sup> & Sunday April 2<sup>nd</sup>) @ SAPM Johns Creek

**Spring Break Class 2** (Tuesday April 4<sup>th</sup> & Wednesday April 5<sup>th</sup>) @ SAPM Cumming

**Spring Break Class 3** (Friday April 7<sup>th</sup> & Saturday April 8<sup>th</sup>) @ SAPM Johns Creek

**April Class 4** (Saturday April 15<sup>th</sup> & Sunday April 16<sup>th</sup>) @ Haynes Landing

**April Class 5** (Saturday April 22<sup>nd</sup> & Sunday April 23<sup>rd</sup>) @ Haynes Landing

**April Class 6** (Saturday April 29<sup>th</sup> & Sunday April 30<sup>th</sup>) @ Perimeter/SAPM Office

**May Class 1** (Saturday May 6<sup>th</sup> & Sunday May 7<sup>th</sup>) @ Perimeter/SAPM Office

**May Class 2** (Saturday May 13<sup>th</sup> & Sunday May 14<sup>th</sup>) @ Asheforde/SAPM Office

**May Class 3** (Saturday May 13<sup>th</sup> & Sunday May 14<sup>th</sup>) @ Greens Crossing

**May Class 4** (Saturday May 20<sup>th</sup> & Sunday May 21<sup>st</sup>) @ Asheforde/SAPM Office

**May Class 5** (Saturday May 20<sup>th</sup> & Sunday May 21<sup>st</sup>) @ Post Oak

**May Class 6** (Friday May 26<sup>th</sup> & Saturday May 27<sup>th</sup>) @ Perimeter/SAPM Office

**June Class 1** (Wednesday May 31<sup>st</sup> & Thursday June 1<sup>st</sup>) @ Haynes Landing

**June Class 2** (Saturday June 3<sup>rd</sup> & Sunday June 4<sup>th</sup>) @ Haynes Landing

### **Class Locations**

**Asheforde Neighborhood Pool-** 1501 Asheforde Dr, Marietta, GA, 30068

**Haynes Landing Neighborhood Pool-** 3400 New Heritage Drive Alpharetta GA 30022

**SwimAtlanta Main Office-** 1210 Warsaw Road Suite 800 Roswell GA 30076 (classroom portion)

**SwimAtlanta Johns Creek-** 4050 Johns Creek Parkway N, Suwanee, GA 30024

**SwimAtlanta Cumming-** 5059 Post Rd, Unit 6, Cumming, GA 30042

**Perimeter Church-** 9500 Medlock Bridge Rd, Johns Creek, GA, 30097

**Post Oak:** 2515 Tritt Springs Trace NE, Marietta, GA 30062

Additional classes may be added later in June/July due to demand. This document will be updated as we go.

We highly recommend you take a class sometime in April or early May if your schedule allows- that way, you're already certified when the pools open! Please reach out to Grace if you would like more info.

Please note: some courses have two locations listed (ex: Asheforde & SwimAtlanta Office). The pool portion will take place at the listed neighborhood pool and the classroom portion will take place at the SwimAtlanta home office in Roswell. Usually, the pool portion will take place in the morning unless otherwise specified. Instructors can help with transportation between locations during the lunch break if necessary. The office must be given advanced notice to make sure there are enough seats. Otherwise- participants/parents are



responsible for all transportation. Those needing transportation help are asked to pack their own lunch/snacks so instructors do not have to drive them to get lunch.