

2024 American Red Cross: Blended Learning Lifeguarding 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 valid for two full years. Successful completion of the course requires **100% participation** in the online Blended Learning, in-person classroom and skill sessions, and successful performance in both skill and knowledge evaluations.

Blended Learning Course Model: At SwimAtlanta, we teach the American Red Cross Lifeguarding Course: Blended Learning Model. You must complete the Blended Learning (the online portion of the class) *before* you attend the in-person sessions. PLEASE NOTE: The Red Cross Blended Learning is a Red Cross certification requirement. It is **NOT** the same thing as the ELOT (Enhanced Lifeguard Online Training), which is a SwimAtlanta requirement. They are different (: The Red Cross Blended Learning takes ~6 hours total. You'll find more information on the Blended Learning below.

Schedule/Location: This is a two day course that is scheduled from **8am-6pm both days**. There is a pool half and a classroom half, with a one-hour lunch break between. Some of our courses have two locations- a neighborhood pool AND the main office (classroom portion). Most classes are held all at one location. You cannot mix and match days of different classes- you must attend both days of the same course (this is a Red Cross requirement). There is **limited availability**, so please register early to secure your spot. For teaching and safety purposes, there is a strict ratio of instructors:participants- so once a class is full, we can not make exceptions to add anyone at the last minute. Guards are welcome to sign up with friends and carpool. Don't worry if you don't know anyone in your class when you register- we mix and match partners all weekend!

Class Registration: To register for a class, please view the schedule on page 3 of this document and tell us which class you would like to attend by emailing Grace at staffing@atlanta-pmg.com or calling and speaking with Grace/ Caitlin at the office at (770) 992-7665 (Option 1). You will receive a detailed email with all the specific class information (addresses, Blended Learning, what to bring, lunch info, etc.) **two weeks** before the in-person start of class. Make sure to read that email *very carefully* as it will be your key to success!

Payment and Refund Policy:

The cost of the lifeguard course is \$80. You may pay by cash or check (made out to SwimAtlanta Pool Management) when you arrive at class. 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 attend both days of the class and do not pass the course, you will not be issued a refund. However, you may sign up for another class at no additional cost. Please contact Caitlin or Grace with specific concerns.

Provided in the Class:

The required CPR resuscitation masks, hip packs, whistles, and a SwimAtlanta lifeguard uniform t-shirt are all included as part of the course fee and do not need to be purchased separately. You will need to purchase your own lifeguard swimsuit, so please view the uniform information page on the Google Drive for more information.

Lifeguard Certification Course Pre-Requirements: To be completed before you come to class.

- You must be at least **15 years old** before the *last* day of the class in order to participate.
 - **Completion of Online Blended Learning:** You must watch all videos and pass the final exam with a minimum grade of 80%. Please **forward the “congratulations” email** you received from the Red Cross when you passed the Blended Learning final exam to Grace **before** you attend the in-person session (staffing@atlanta-pmg.com). This counts as proof of completion of the BL.
- Please note: Blended Learning takes **6+ hours total** to complete. It can be paused between modules, saved, and resumed later- you are **NOT** expected to finish it all in one sitting. Make sure to give yourself enough time to watch all videos and take the exam before the class! You can retake the exam if needed.
- Before you start the BL, please view pages 4-6 of this document for helpful tips and login info. There are some very useful tips on how to log in and correctly save your progress so you don't have to restart. We also included some very helpful screenshots and troubleshooting directions in case you get stuck!

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

- Prerequisite 1: Complete the following swim-tread-swim sequence without stopping to rest:
 - Jump into the water and totally submerge, resurface, and then swim 150 yards (3 full laps) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.
 - Once you have finished 150 yards (3 full laps), stop in the deep end (without holding the edge) and tread water for 2 minutes using only your legs. You can either tuck your hands under your armpits, hold them above your head, or switch between the two as you go, whatever is most comfortable. We'll help you time this portion of the event.
 - Once the 2 minute tread is over, swim another 50 yards (1 full lap) using freestyle, breakstroke, or a combination of the two. Backstroke is not allowed.
- This is NOT a timed event and it is NOT a race! Just keep swimming and you will be good to go! Swim goggles **ARE** allowed for this event and you may bring them to class if you choose to.
- Prerequisite 2: Complete the following sequence within 1 minute and 40 seconds:
 - Starting in the shallow end, swim out 20 yards (almost all the way to the deep end).
 - Perform a surface dive (we'll teach you this!) to 10ft deep, and retrieve a 10-pound weight from the bottom of the pool.
 - Once you have the weight, return to the surface and swim back to the starting position while keeping your face out of the water.
 - After you return the brick to an instructor, exit the pool without using the ladder or the steps.
- This event is timed, and goggles are NOT allowed. You should be comfortable diving to the bottom of the pool (10ft). We will teach you the best way to both retrieve and swim with the weight, and give you a chance to practice if necessary.

2024 Lifeguard Class Schedule

Class #	Dates/ Times: 8am-6pm each day	Location(s)
Class 1 (Spring Break)	Wednesday April 3rd - Thursday April 4th	SwimAtlanta: Johns Creek location FREE CLASS!
Class 2 (Spring Break)	Saturday April 6th - Sunday April 7th	SwimAtlanta: Johns Creek location FREE CLASS!
Class 3 (Spring Break)	Saturday April 6th - Sunday April 7th	SwimAtlanta: Cumming location FREE CLASS!
Class 4	Saturday April 13th - Sunday April 14th	Haynes Landing
Class 5 & Class 6	Saturday April 20th - Sunday April 21st	Haynes Landing
Class 7	Saturday April 27th - Sunday April 28th	Haynes Landing
Class 8	Saturday May 4th - Sunday May 5th	Haynes Landing
Class 9	Saturday May 11th - Sunday May 12th	Green's Crossing
Class 10	Saturday May 11th - Sunday May 12th	SwimAtlanta Main Office & Perimeter Pool
Class 11	Saturday May 18th - Sunday May 19th	Asheforde Pool & SwimAtlanta Main Office
Class 12	Saturday May 18th - Sunday May 19th	Green's Crossing
Class 13	Friday May 24th - Saturday May 25th	SwimAtlanta Main Office & Perimeter Pool
Class 14	Thursday May 30th - Friday May 31st	Asheforde Pool & SwimAtlanta Main Office
Class 15	Saturday June 1st - Sunday June 2nd	Asheforde Pool & SwimAtlanta Main Office
Class 16	Saturday June 8th - Sunday June 9th	Asheforde Pool & SwimAtlanta Main Office

Additional classes may be added later due to demand. This document will be updated to reflect availability.

We highly recommend you take one of the earlier classes in April or early May.

Class Locations

Asheforde Neighborhood Pool- 1501 Asheforde Dr Marietta GA 30068

Green's Crossing Neighborhood Pool & Clubhouse- 1510 Boxwood Trace Acworth GA 30102

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

SwimAtlanta Main Office- 1210 Warsaw Road Suite 800 Roswell GA 30076

SwimAtlanta: Johns Creek location- 4050 Johns Creek Parkway N Suwanee GA 30024

SwimAtlanta: Cumming location- 5059 Post Rd Unit 6 Cumming GA 30042

Perimeter Church- 9500 Medlock Bridge Rd Johns Creek GA 30097

PLEASE NOTE: Some classes have two locations listed (ex: Asheforde & SAPM Office). These courses require transportation during the lunch hour between pool and classroom locations. Please contact Grace in advance if you may need transportation help. We can not guarantee transportation.