

## 2023 American Red Cross Course Schedule Guidelines

Aquatic Management of Houston offers a variety of American Red Cross courses throughout the year for certification in Lifeguarding, First Aid & CPR/AED for Lifeguards. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. **If you miss any classes, there are no make-ups. The schedule IS THE schedule, no substitutions.** You must re-register and pay to attend another class. **Please provide picture ID on the first day of the Course.**

Due to the nature of the skills in this course, you will participate in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

### Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun you may move your registration to another Lifeguarding class offered by Aquatic Management of Houston in the same year dependent on course availability. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class. Aquatic Management of Houston reserves the right to cancel a class due to lack of enrollment. If this occurs, you will be offered first choice in the next available class.

### Certifications

#### Lifeguard Course:

American Red Cross Lifeguard Training certificate - valid for 2 years

American Red Cross First Aid - valid for 2 years

American Red Cross CPR/AED for Lifeguards - valid for 2 years

**All classes are “Blended Learning” course – participant must complete (and pass) On-Line Modules required by the American Red Cross (approximately 7 hours) prior to attending the “Face-to-Face” classes.**

### Pre-Course Requirements - *The purpose of the swim test is to demonstrate comfort in the water.*

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
- **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.

#### Pool Location:

##### Steeplechase Pool

11250 Steepleway Blvd.  
Houston, TX 77065

#### Classroom Location:

##### Aquatic Management of Houston Office

9776 Whithorn Drive, Suite B  
Houston, TX 77095

#### To Register:

Visit [houston-pmg.com](http://houston-pmg.com) and click on Lifeguard Certification. Accept the terms and the schedule will appear. Choose your class. You will receive 2 emails once you have paid for the class – the first has the direct link to the Red Cross videos included in your confirmation email, the second will come with more detailed instructions. *The second email does not happen immediately.* **Classes designated as AMOH STAFF ONLY requires employment with Aquatic Management of Houston only, no exceptions.**

## 2023 American Red Cross Lifeguard Certification Course Schedule

Course #	Course Name	Days/Dates	Times	Locations	Costs
1	LGT/CPR Re-Certification	<u>March</u> Sunday 12 <sup>th</sup>	11:00 am – 7:00 pm	Steeplechase Pool	<b>AMOH STAFF ONLY</b> \$60 payable online only
2	LGT/CPR Certification	<u>March</u> Saturday 11 <sup>th</sup> Sunday 12 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$210 payable online only
3	LGT/CPR Certification	<u>March</u> Tuesday 14 <sup>th</sup> Wednesday 15 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$210 payable online only
4	LGT/CPR Certification	<u>March</u> Saturday 18 <sup>th</sup> Sunday 19 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$210 payable online only
5	LGT/CPR Certification	<u>March</u> Saturday 25 <sup>th</sup> Sunday 26 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
6	LGT/CPR Certification	<u>April</u> Saturday 1 <sup>st</sup> Sunday 2 <sup>nd</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
7	LGT/CPR Certification	<u>April</u> Saturday 8 <sup>th</sup> Sunday 9 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
8	LGT/CPR Certification	<u>April</u> Saturday 15 <sup>th</sup> Sunday 16 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
9	LGT/CPR Certification	<u>April</u> Saturday 22 <sup>nd</sup> Sunday 23 <sup>rd</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
10	LGT/CPR Certification	<u>April</u> Saturday 29 <sup>th</sup> Sunday 30 <sup>th</sup>	11:00 am – 7:00 pm 11:00 am – 7:00 pm	AMOH Office Steeplechase Pool	\$230 payable online only
11	LGT/CPR Certification	<u>May</u> Saturday 6 <sup>th</sup> Sunday 7 <sup>th</sup>	11:00 am – 7:00 pm 7:00 am – 1:00 pm	AMOH Office* Steeplechase Pool	<b>AMOH STAFF ONLY</b> \$250 payable online only
12	LGT/CPR Certification	<u>May</u> Saturday 13 <sup>th</sup> Sunday 14 <sup>th</sup>	11:00 am – 7:00 pm 7:00 am – 1:00 pm	AMOH Office* Steeplechase Pool	<b>AMOH STAFF ONLY</b> \$250 payable online only
13	LGT/CPR Certification	<u>May</u> Saturday 20 <sup>th</sup> Sunday 21 <sup>st</sup>	11:00 am – 7:00 pm 7:00 am – 1:00 pm	AMOH Office* Steeplechase Pool	<b>AMOH STAFF ONLY</b> \$250 payable online only

\*Class days are reversed