

## 2022 American Red Cross Course Schedule Guidelines

Aquatic Management of Houston offers 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 ZOOM 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” courses – participant must complete (and pass) On-Line Modules required by the American Red Cross (approximately 7 hours) and the ZOOM classroom (approximately 2 hours) prior to attending the Skills Session at the pool. All classes are limited to 30 people (15/lifeguarding class & 15/CPR class). Please note that we cannot guarantee social distancing while learning and practicing water skills.**

#### 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.

#### Skills Session Location:

##### Timberlakes/Timber Ridge (TL/TR) Pool

3419 Royal Oaks Drive  
Spring, TX 77380

#### To Register:

Visit [houston-pmg.com](http://houston-pmg.com) and click on Lifeguard Certification. Choose your course. You will receive a link to the American Red Cross Blended Learning videos soon following your registration (not immediately).

## 2022 American Red Cross Lifeguard Certification Course Schedule

Course #	Course Name	Days/Dates	Times	Locations	Costs
1	Recertification	Saturday, March 12 <sup>th</sup>	12:00 pm – 6:00 pm	TL/TR Pool	<b>\$50 Employees Only</b>
2	Recertification	Sunday, March 13 <sup>th</sup>	1:00 pm – 7:00 pm	TL/TR Pool	<b>\$50 Employees Only</b>
3	LGT/CPR Certification	Monday, March 14 <sup>th</sup> - ZOOM Tuesday, March 15 <sup>th</sup> – Skills Session	9:00 am – 11:30 am 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$200</b>
4	LGT/CPR Certification	Monday, March 14 <sup>th</sup> - ZOOM Wed., March 16 <sup>th</sup> – Skills Session	9:00 am – 11:30 am 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$200</b>
5	LGT/CPR Certification	Thursday, March 17 <sup>th</sup> - ZOOM Friday, March 18 <sup>th</sup> – Skills Session	9:00 am – 11:30 am 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$200</b>
6	LGT/CPR Certification	Thursday, March 17 <sup>th</sup> – ZOOM Saturday, March 19 <sup>th</sup> – Skills Session	9:00 am – 11:30 am 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$200</b>
7	LGT/CPR Certification	Thursday, March 17 <sup>th</sup> – ZOOM Sunday, March 20 <sup>th</sup> – Skills Session	9:00 am – 11:30 am 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$200</b>
8	LGT/CPR Certification	Thursday, March 24 <sup>th</sup> – ZOOM Saturday, March 26 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$200</b>
9	LGT/CPR Certification	Thursday, March 24 <sup>th</sup> – ZOOM Sunday, March 27 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$200</b>
10	LGT/CPR Certification	Thursday, March 31 <sup>st</sup> – ZOOM Saturday, April 2 <sup>nd</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$220</b>
11	LGT/CPR Certification	Thursday, March 31 <sup>st</sup> – ZOOM Sunday, April 3 <sup>rd</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$220</b>
12	LGT/CPR Certification	Thursday, April 7 <sup>th</sup> – ZOOM Sunday, April 9 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$220</b>
13	LGT/CPR Certification	Thursday, April 7 <sup>th</sup> – ZOOM Sunday, April 10 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$220</b>
14	LGT/CPR Certification	Thursday, April 14 <sup>th</sup> – ZOOM Saturday, April 16 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 PM	Your Home TL/TR Pool	<b>\$220</b>
15	LGT/CPR Certification	Thursday, April 14 <sup>th</sup> - ZOOM Sunday, April 17 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$220</b>
16	LGT/CPR Certification	Thursday, April 21 <sup>st</sup> – ZOOM Saturday, April 23 <sup>rd</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$220</b>
17	LGT/CPR Certification	Thursday, April 21 <sup>st</sup> – ZOOM Sunday, April 24 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$220</b>
18	LGT/CPR Certification	Thursday, April 28 <sup>th</sup> – ZOOM Saturday, April 30 <sup>th</sup> – Skills Session	6:00 pm – 8:30 pm 12:00 pm – 6:00 pm	Your Home TL/TR Pool	<b>\$220</b>
19	LGT/CPR Certification	Thursday, April 28 <sup>th</sup> – ZOOM Sunday, May 1 <sup>st</sup> – Skills Session	6:00 pm – 8:30 pm 1:00 pm – 7:00 pm	Your Home TL/TR Pool	<b>\$220</b>