

Lifeguard Certification Training

American Red Cross Lifeguard Training course

Become certified in Lifeguard Training, CPR/AED, and First Aid

Must pass a written test with a minimum score of 80%

Blended learning classes – online and in-person training

Online learning – needs to be completed before the first night of class (approximately 5 to 7 hours of course work).

In person training – see class schedules

Prerequisites:

1. 15 years of age before the last day of the course
2. Ability to swim 300 yards continuously (100 yards front crawl, 100 yards breaststroke, 100 yards of front crawl or breaststroke). No time limit.
3. Tread water for 2 minutes using only legs
4. Timed test – 1 minute and 40 seconds. Starting in water, swim 20 yards using front crawl or breaststroke, dive to 7 to 10 feet, retrieve a 10-pound brick, return to surface and swim 20 yards with the object back to starting point. Exit pool without using ladder.

Note: successful candidates will be reimbursed for their tuition by the City of Keota.

Coralville Rec Center

1506 8th Street

Coralville, IA 52241

(319) 248-1750

www.coralville.org/parksandrec

Cost - \$162.50

Note: registration closes 1 week prior to start of course

Class schedule:

	Friday 6:00 to 9:00	Saturday 9:00 to 4:00	Sunday 9:00 to 4:00	Class #
Session 2	February 10	February 11	February 12	2200.101
Session 3	March 10	March 11	March 12	2200.102
Session 4	March 24	March 25	March 26	2200.103
Session 5	April 21	April 22	April 23	2200.104

Iowa City Rec Center

Mercer Park Aquatic Center
2701 Bradford Drive
Iowa City, IA 52240
Kate: (319) 887-6127

www.icgov.org/pools

Cost - \$180

Note: registration closes 2 weeks before class begins

Class schedule:

	Friday 5:00 to 10:00	Saturday 8:00 to 6:00	Sunday 8:00 to 6:00	Class #
February	February 24	February 25	February 26	17252
March	March 24	March 25	March 26	17251
April	April 29	April 29	April 30	17250

North Liberty Rec Center

520 W Cherry Street
North Liberty, IA 52317
(319) 626-5716

northliberty.recdesk.com/Community/Program?category=24

Cost - \$170

Note: online portion is a video before class

Class schedule:

	Friday 5:00 to 9:00	Saturday 9:00 to 6:00	Sunday 9:00 to 5:00	Registration Deadline
March	March 24	March 25	March 26	March 17
April	April 28	April 29	April 30	April 21
May	May 19	May 20	May 21	May 12

Washington YMCA

121 E Main
Washington, IA 52353
(319) 653-6500

www.washingtoney.org

For more information contact them at swimteam@washingtoney.org

Cost: \$185

In person training (no online class). Limited to 10 students

Class schedule:

	Friday 4:00 to 9:00	Saturday 9:00 to 8:00	Sunday 9:00 to 8:00	Registration Deadline
March	March 10	March 11	March 12	