



Nautix Lifeguard Training 2020



This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified for two (2) years in the following:

Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO)

Lifeguarding Prerequisites:

To be eligible for the Lifeguarding course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

- > Swim 300 yards continuously using the following strokes:
Front crawl w/rhythmic breathing and breaststroke*
- > Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder. (time limit: 1 minute, 40 seconds)*
- > Tread water for 2 minutes using only your legs—hands must be kept under armpits*

Register:

Secure your spot online through Nautix Network. Login using your personal credentials and choose a class that works best for you. Once you have signed up in Nautix Network, you must also sign up through the American Red Cross. We will provide you with a link that allows you to register and have access to the online coursework.

This is a **Blended Learning Course** that requires you to do online participation before attending the in-person course. It may take up to 7 hours to complete all coursework, so make sure to sign up with plenty of time.

What to Bring:

- Swimsuit (one-piece for girls)
- Warm clothes to change into
- Towel
- Money or food for lunch (you will get a 1 hour lunch break)
- \$200.00 total, \$50 deposit required to reserve your spot. Pay in full or pay deposit online. If you pay deposit only, please bring cash or check on the first day of class unless you have made arrangements to have the balance deducted from your paycheck.

Nautix LGT Class Dates and Times:

TBD (will be posted by February 15th, 2020)