

# AMERICAN RED CROSS LIFEGUARDING AT JOHN A. LOGAN COLLEGE

## Course Eligibility

You must be at least 15 years of age before the last scheduled class session.

## \*Pre-Course Swimming Pre-requisites

Lifeguard Course Pre-Requisites (Pre-Course Swim/Water Skills)

**Course Length** 25 hours, 20 minutes

## **Prerequisites**

- Swim 300 yards continuously (without stopping to rest) using front crawl, breaststroke, or a combination of both, with face in water demonstrating breath control
- Tread water for 2 minutes using only the legs, with hands above the surface of the water.
- Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards back to the starting point with both hands holding the object, keeping the face at or near the surface to get a breath. (Cannot swim the distance under water).
  - Exit the water without using a ladder or steps.

The skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for above water test and every class date.

## SPRING 2012 COURSE INFORMATION

*Pre-Course Swim: Tuesday, April 10, 2012: 6:30p.m. on the pool deck*

***COURSE SCHEDULE - TO BE DETERMINED IMMEDIATELY AFTER PRE-COURSE SWIM SESSION (GO TO J102 CLASSROOM)***

***COME READY FOR CLASSROOM AND POOL EVERY CLASS DATE***

**Class Cost: \$137.00 payable to John A. Logan College (1 Credit Hour + lab fee)  
\$35.00 certification fee (per student) payable to the American Red Cross**

Hard copy textbook available for purchase

On-Line textbook available free of cost

Pocket mask available at Red Cross Office (appropriate mask must be used for CPR class)

**Local Red Cross office (Little Egypt Network)**

**Southern Illinois Airport**

**665 N. Airport Rd.**

**Murphysboro Il 62966**

**529-1525**