



American Red Cross Lifeguard Course Information

Location: SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663
Registration and course will be at this location.

Prerequisites for lifeguard training course include:

Minimum Age: 15 years old by the last day of class

Students must pass a pre-course swimming skills test which includes the following

- (a) Swim 300 yard continuously using front crawl and/or breaststroke.
(May use goggles)
- (b) Tread water for two minutes using only the legs
- (c) Complete the following sequence within 1 minute, 40 seconds: 20-yard approach, surface dive to 10 feet, retrieve a 10-pound brick from the bottom, return 20 yards on the back holding the brick with both hands, and then exit the pool without the use of a ladder.

Course Fee: \$225.00 (includes all course materials)

Payment: Full payment is due at the time of registration.
Cash, credit card (Visa, Discover, MC, AX), or check (made payable to **SPAR**)

Course Materials Lifeguarding Manuals can be downloaded from the American Red Cross website at the following address: <https://www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual>

Blended Learning You will receive an email with the online session link once you register for the course.
Complete the online learning portion of the course prior to the first day of the course.
Bring your certificate of achievement with you to the first day of the course to be guaranteed a spot in the class.

Cancellation Deadline and Fees

Cancellations must be made in person, and in writing, at SPAR Recreation & Aquatic Center by the registration deadline in order to receive a full refund, less a \$25.00 cancellation fee. Cancellations after the deadline are not eligible for a refund nor are the fees transferable to future programs/classes. Refund checks will be mailed within 5-7 business days. Late cancellations could deprive others of the opportunity to participate and could potentially jeopardize the course itself! ***Note:** An individual that fails the Pre-Course Water Test will receive a full refund.

Registration Deadline

Monday, December 18, 2023 5:00PM

Free Practice Pre-Course Water Test Dates:

December 9th 9-10am / December 12th 4-5pm / December 14th 4-5pm.



American Red Cross Lifeguard Courses offered at SPAR Rec. & Aquatic Center

Session XIV

Wednesday, December 20th

8:00AM-12:00PM & 1:00PM-5:00PM

Thursday, December 21st

8:00AM-12:00PM & 1:00PM-5:00PM

Friday, December 22nd

8:00AM-12:00PM & 1:00PM-5:00PM

Saturday, December 23rd

9:00AM-12:00PM & 12:30PM-2:00PM