



## March 2025 Lifeguard Certification Class

**What:** Red Cross Lifeguard/First Aid with CPR/AED Certification. Valid 2 Years.

**When:** **Day 1:** *Saturday, March 15th* 10:00 a.m. – 7:00 p.m.  
Day 1 starts with swim tests to show water competency. Then classroom videos, discussions, and lessons.

**Day 2:** *Sunday, March 16th* 10:00 a.m. – 7:00 p.m.  
Day 2 is In-water safety and saving drills, backboard instruction and classroom lessons.

**Day 3:** *Saturday, March 22nd* 10:00 a.m. – 7:00 p.m.  
Day 3 is final instruction, First Aid and Test Day: In-Water Test and Written Test.

**Makeup Days:** Available. Inquire which day is needed.  
*Each class will break for Lunch. Bring a lunch or money and transportation.*

**Where:** 50 Victor Street Lawrenceville, GA 30046

**Details:** The American Red Cross Lifeguard Training Program is designed to train participants to be safe and effective professional lifeguards. This course includes community First Aid and Safety, Lifeguard Training, and CPR and AED for the Professional Rescuer. This course will show the participant how to recognize and effectively handle situations that arise while lifeguarding.

**Requirements:**

- Minimum age: 15 years
- Complete a non-stop progression of swimming skills as follows:
  - Jump in deep water, fully submerge and swim 150 yards freestyle or breaststroke
  - Tread water for 2 minutes with hands above water or under armpits
  - Swim 50 more yards freestyle or breaststroke
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to depth of 7-10 feet, retrieve a 10 pound brick off the bottom of the pool, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or step, within 1 minute and 40 seconds.

*This will be YOUR Certification to carry with you anywhere for 2 years. You will be registered on the national registry and receive a virtual certificate once fully paid.*

**Cost:** \$225 OR \$100 deposit. Remaining balance deducted from paychecks.

**How To:** Online: Email the fillable PDF on our website to certification@positivelypools.com  
By Phone: We can take a credit card by phone and fill in the info for you  
By Mail: Send the lower portion below with check or card info  
In Person: Come to the first day of class with the completed lower portion and payment

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

In Case of Emergency \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Payment Options: \$225 \_\_\_\_\_ OR \$100 Deposit \_\_\_\_\_ Check: \_\_\_\_\_ Cash \_\_\_\_\_

Credit Card: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp Date: \_\_\_\_ / \_\_\_\_ CVC \_\_\_\_\_ Zip Code \_\_\_\_\_

*Note: Leave blank any credit info you prefer for security and call in the numbers to our office*

**Positively Pools, Inc • 50 Victor Street • Lawrenceville, GA 30046  
Phone: 770 972-3111 • Fax: 770 972-3512 • Web: positivelypools.com**