



March 2025 Lifeguard Re-Certification Class

What: Red Cross Lifeguard/First Aid with CPR/AED Re-Certification.

When: **Sunday, March 23rd** 10:00 a.m. – 7:30 p.m.

Where: 50 Victor Street Lawrenceville, GA 30046

Cost: \$100

Details: A one day course for recertification of Lifeguarding. The abbreviated course will briefly review Lifeguarding/First Aid/CPR/AED and allow for practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding is required to participate in the review course. Students who successfully complete this course will be certified for 2 years from the date of completion.

Requirements:

- Have knowledge of Lifeguarding, Water Safety, First Aid/CPR
- 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.

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 _____

This is for Re-Certification for Lifeguard and CPR ___\$100.00 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**