



LIFEGUARDING CERTIFICATION COURSE

Train to save lives. Be the difference.



BE PREPARED. GET CERTIFIED. SAVE LIVES.



ELIGIBILITY REQUIREMENTS

- Participants must be at least **15 years old** on or before the final day of the course.
- Participants must be comfortable swimming in deep water and able to tread water.



MANDATORY PRE-COURSE SKILLS EVALUATION

DAY 1 – SATURDAY, NOVEMBER 7, 2026

The first in-person session begins with a required American Red Cross **Pre-Course Skills Test**.

You must successfully complete ALL of the following before you are allowed to continue with the course:

- ✓ Swim 300 yards continuously
- ✓ Tread water for 2 minutes using legs only (no hands)
- ✓ Retrieve a 10-pound brick from the bottom of the deep end and complete the required swim sequence



PLEASE NOTE: If you register, complete the online coursework, and then are unable to pass the required pre-course swim skills on **November 7**, you will not be eligible to continue in the course and **NO REFUND WILL BE ISSUED**.



ONLINE COURSEWORK (REQUIRED)

This course includes mandatory online learning that must be completed **BEFORE** the first in-person session.



If the online coursework is **NOT** completed before November 7, you will not be permitted to participate in the in-person course, and **NO REFUND WILL BE ISSUED**.



IMPORTANT DATES



IN-PERSON SESSION BEGINS

Saturday, November 7, 2026



PAYMENT DEADLINE

October 31, 2026

Payment is due by this date to secure your spot.



REGISTRATION INFORMATION

When registering, please use the **PARTICIPANT'S**:

- ✓ Full Name
- ✓ Email Address
- ✓ Phone Number



Please use the participant's contact information (not a parent's whenever possible) so the instructor can contact them directly regarding course updates, online coursework, and important reminders.

I will send all other information out to participants once I get the roster.



IN-PERSON COURSE REQUIREMENTS

To earn your American Red Cross Lifeguarding Certification, participants must:

- ✓ Successfully complete all required in-person skills
- ✓ Pass all rescue scenarios
- ✓ Demonstrate competency in CPR/AED and First Aid skills
- ✓ Meet all American Red Cross course standards



COURSE FEES

**NEW LIFEGUARDING CERTIFICATION
(FIRST-TIME PARTICIPANTS)**

\$225

Includes online coursework and all required in-person training.

RECERTIFICATION OPTIONS



CPR/AED/FIRST AID ONLY

\$90



**LIFEGUARDING +
CPR/AED/FIRST AID**

\$125

RECERTIFICATION REQUIREMENTS

- All recertification participants must successfully complete the required skills evaluation on **Saturday, November 7, 2026**.
- I will contact you before the course with your assigned arrival time for skills testing.
- **If you are a new participant you will be required to be there at 8am-3pm.**
- You must successfully demonstrate all required American Red Cross recertification skills to renew your certification.



PAYMENT INFORMATION

PAYMENT METHODS ACCEPTED

- Venmo
- Cash
- Check

VENMO PAYMENT CONTACT

@kwozniak79



IF PAYING BY CASH OR CHECK

Please contact me:

✉ karenwozniak79@gmail.com

📞 716.913.4078

Payment must be received by **October 31, 2026**.



NO REFUNDS WILL BE ISSUED FOR FAILURE TO PASS THE PRE-COURSE SKILLS TEST OR FOR FAILURE TO COMPLETE THE ONLINE COURSEWORK.



THANK YOU FOR CHOOSING TO BE A LIFEGUARD. YOU CAN MAKE A DIFFERENCE!

