



FALL

Lifeguarding (Full) Course

South Milwaukee Recreation Department

Red Cross Certified Instructors: Taylor York & Kasia Brzezicka

Purpose

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Class will be held in the South Milwaukee Middle School Pool at 901 15th Ave South Milwaukee WI 53172

Directions: The parking lot is on the east side of the High School (between football field and fieldhouse), east of 15th Avenue and off of Oak Creek Parkway. Walk up the hill and go through Entrance #34, then go left down the hallway and through the multiple doors on left. You will then have access to the pool.

Class Dates and Time

Monday, November 4	5:30-8:30 pm
Tuesday, November 5	5:30-8:30 pm
Wednesday, November 6	5:30-8:30 pm
Thursday, November 7	5:30-8:30 pm
Monday, November 11	5:30-8:30 pm
Tuesday, November 12	5:30-8:30 pm
Wednesday, November 13	5:30-8:30 pm



Registration

Registration is now being accepted by mail or in person on a first-come, first-served basis at the South Milwaukee Recreation Department, Room #1100, 901 15th Avenue, South Milwaukee, WI 53172. Walk-in registration is possible, Monday-Friday, 8:00—4:00 PM. We are located on the east side of the High School. You may park your car in the East lot and enter the building through door #24. The Recreation Office is located just inside of door #24 and the building is labeled COMMUNITY RECREATION & FITNESS CENTER. You may also visit our website (www.smrecdept.org) and register on-line.

Registration Code & Fee

Activity code: RX100.103 Fee: Residents \$180; Non-Residents \$190

Prerequisites

Candidates must: Age requirement: 15 years

1. Complete the Blended Learning Lifeguard Course online PRIOR to the first day of class. This will be sent out 2 weeks beforehand via email.

On the first day you will be tested to see if you can do all of the following swimming skills:

2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds: * the water without using a ladder or steps.

Certification Requirements

Candidates must:

- Complete the Blended Learning course, attend the entire in person course, and participate in all class sessions.
 - Actively participate in all course activities, including assuming various roles during scenarios.
 - Demonstrate competency in all required skills.
 - Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.

Certificate Issued and Validity Period

The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED is valid for 2 years.

Participant Materials

American Red Cross Lifeguarding Manual (online-free)

Job Opportunities

South Milwaukee Recreation Department Lifeguard / Swim Instructor:

- *SM Rec. Dept. will reimburse 50% of your class/certification fee after 100 hours of employment! However, you must agree to work SMAC & Swim Lessons during the school year and summer.*
- *Please save your receipt!*

**REGISTER
NOW**

**DO YOU HAVE WHAT
it takes TO BE A
LIFEGUARD?
SIGN UP FOR CLASSES TODAY!**