



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)
SPAR Recreation & Aquatic Center offers a reimbursement program for those hired by SPAR, work at least 300 hours during the water park season, and remain active through the end of the season. Addition requirements may apply.

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 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.

Free Practice Pre-Course Water Test Dates: March 5th 1:30-2:30pm/ March 6th 4:30-5:30pm/
March 11th 8:30-9:30am/ March 13th 8:00-9:00am/ March 18th 8:30-9:30am/ April 1st 8:30-9:30am



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

Session II

February 24th	4:00PM-8:00PM
February 25th	7:30PM-6:30PM
February 26th	12:00PM-6:00PM

Session III

March 7th	4:00PM-8:00PM
March 9th	4:00PM-8:00PM
March 10th	4:00PM-8:00PM
March 11th	7:30AM-6:30PM
March 12th	12:00PM-6:00PM

Session IV

March 20th– 24th	4:00PM-8:00PM
March 25th	8:00AM-4:00PM

Session V

April 10th	7:30AM-6:30PM
April 11th	7:30AM-6:30PM
April 12th	7:30AM-6:30PM

Session VI

April 13th	7:30PM-6:30PM
April 14th	7:30AM-6:30PM
April 15th	7:30AM-6:30PM