



American Red Cross Lifeguard Recertification Course Information

Location: SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663
Registration and course will be at this location.

Prerequisites for the lifeguard training course include:

Current certification: To participate in this class you must have a current American Red Cross Lifeguarding certification, and certification expired by no more than 30 days.

Minimum Age: 15 years old by the last day of class

Students must pass prerequisites for lifeguard training courses include:

- A. Swim continuously, 150 yards using front crawl and/or breaststroke. Tread water for two minutes using only the legs and then swim 50 yards back to the beginning point. (May use goggles)
- B. 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: \$100.00 (includes all course materials). Current SPAR Aquatic Department employees receive a discount. The current SPAR Employee course fee is \$75.00

Payment: Full payment is due at the time of registration. Register online at www.sulphurparks.com/sparc

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. (The link will be sent out, 1 week prior to your class date.)
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.

Lunch: Please remember you are not allowed to leave for lunch so pack a small light lunch.

Cancellation Deadline and Fees

Cancellations must be made by the registration deadline 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. Cancellation forms are available at SPAR Rec & Aquatic or can be emailed to the participant. ***Note:** An individual that fails the Pre-Course Water Test will receive a full refund.

February 15-16

Registration Deadline:

Thursday, February 13th at 12:00PM

Saturday, February 15th 8:00AM-2:00PM

Sunday, February 16th 1:00PM-5:00PM

April 5-6

Registration Deadline:

Thursday, April 3rd at 12:00PM

Saturday, April 5th 8:00AM-2:00PM

Sunday, April 6th 1:00PM-5:00PM

May 9-10

Registration Deadline:

Thursday, May 8th at 5:00PM

Friday, May 9th 8:00AM-2:00PM

Saturday, May 10th 1:00PM-5:00PM

September 6-7

Registration Deadline:

Thursday, September 4th at 5:00PM

Saturday, Sept. 6th 8:00AM-2:00PM

Sunday, Sept. 7th 1:00PM-5:00PM