



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 the 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 150 yards continuously using front crawl and/or breaststroke. Tread water without using your hands for 2 minutes, then return 50 yards back to the start.
(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: \$225.00 (includes all course materials)

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 the 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: You will not be allowed to leave for lunch, due to lunch only being 30 mins long.
So, please pack a light lunch, or snack.

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.

Free Swim Assessment:

Need to practice your swimming prerequisites? Join us for free on the following dates at 1:00PM-2:00PM.

- March- 9th, 23rd, 2024
- April- 13th, 2024
- May- 4th, 18th, 2024
- June- 8th, 15th, 2024



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

Session 3

Registration Deadline is Tuesday, March 18, 2025, at 12:00PM

Friday, March 21 st	4:00PM-8:00PM
Saturday, March 22 nd	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, March 23 rd	9:00AM-12:00PM & 12:30PM-6:00PM

Session 4

Registration Deadline is Tuesday, April 8, 2025, at 12:00PM

Friday, April 11th	4:00PM-8:00PM
Saturday, April 12th	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, April 13th	9:00AM-12:00PM & 12:30PM-6:00PM

Session 5

Registration Deadline is Thursday, April 17, 2025, at 12:00PM

Monday, April 21 st	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, April 22nd	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, April 23rd	8:00AM-12:00PM & 1:00PM-4:30PM

Session 6

Registration Deadline is Thursday, April 24, 2024, at 12:00PM

Saturday, April 26 th	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, April 27 th	9:00AM-12:00PM & 12:30PM-6:00PM
Monday, April 28 th	4:00PM-8:00PM

Session 7

Registration Deadline is Tuesday, May 20, 2024, at 12:00PM

Friday, May 23 rd	4:00PM-8:00PM
Saturday, May 24 th	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, May 25 th	9:00AM-12:00PM & 12:30PM-6:00PM

Session 8

Registration Deadline is Tuesday, May 27, 2024, at 12:00PM

Thursday, May 29 th	8:00AM-12:00PM & 1:00PM-4:30PM
Friday, May 30 th	8:00AM-12:00PM & 1:00PM-4:30PM
Saturday, May 31 st	8:00AM-12:00PM & 1:00PM-4:30PM

Session 9

Registration Deadline is Thursday, June 5, 2024, at 12:00PM

Monday, June 9 th	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, June 10 th	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, June 11 th	8:00AM-12:00PM & 1:00PM-4:30PM

Session 10

Registration Deadline is Thursday, June 19, 2024, at 12:00PM

Monday, June 23rd	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, June 24 th	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, June 25 th	8:00AM-12:00PM & 1:00PM-4:30PM