

2022 American Red Cross Lifeguard Course Guidelines

Chicagoland Pool Management offers courses throughout the year for certification in Lifeguarding. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. We are currently offering the full Lifeguard course as well as the Lifeguard Review course for those who need to renew their current certification.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. **There are no substitutions of make-ups, if you miss any part of the class you must re-register and pay to attend another class.**

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Class Sizes

There must be a minimum of (5) participants to hold a class. If there are less than 5, you will be contacted to either switch to another class or receive a refund.

Upon completion of our lifeguarding courses you will receive

- Lifeguard, CPR, AED and First Aid certification (valid for 2 years)
- Pocket Mask (Full Lifeguarding Participants only)
- You will be given the American Red Cross Lifeguarding Manual to borrow for the period of the class.

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun you may move your registration to another Lifeguarding class offered by Chicagoland Pool Management in the same year. We ask that if changing classes you give a minimum of one week notice. If one week notice is not given there may be an additional fee of up to \$25.00 charged for moving classes. If you do not pass the pre-requisite there will be **NO REFUNDS** for any reason. Your instructor will discuss options with you.

Pre-Course Requirements

1. You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
2. **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
3. **Brick Test** - Swim out 20 yards, surface dive a minimum of 7ft, retrieve a 10 pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
4. **Tread Water** - You must tread water without using your hands for 2 minutes.

Visit our website www.chicagoland-pmg.com to register & pay for your course
For more information and class availability please contact Laura Clark at
Laura.clark@chicagoalnd-pmg.com

2022 American Red Cross Lifeguarding Course Schedule

Please read the following notes

**ALL FULL LIFEGUARD CLASSES ARE CONDUCTED USING BLENDED LEARNING
YOU MUST COMPLETE THE ONLINE VIDEOS PRIOR TO COMING TO CLASS**

Class schedule subject to change There must be a minimum of five (5) participants to hold a class. If there are less than 5, you will be contacted one week prior to the class.					
Course #	Course Name	Days/Dates	Times	Locations	Costs
1	Lifeguarding	December Mon 27th Tues 28th	Monday 9:00 am-6:00pm Tuesday 9:00am-5:00pm	MONDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
2	Lifeguarding	January Saturday 15th Sunday 16th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
3	Lifeguarding	February Saturday 5th Sunday 6th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
4	Lifeguarding	February Saturday 19th Sunday 20th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
5	Lifeguarding	March Saturday 5th Sunday 6th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
6	Lifeguarding	March Monday 21 st Tuesday 22nd	Monday 9:00 am-6:00pm Tuesday 9:00am-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
7	Lifeguarding	March Monday 28th Tuesday 29th	Monday 9:00 am-6:00pm Tuesday 9:00am-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
8	Lifeguarding	April Saturday 9th Sunday 10th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
9	Lifeguarding	April Saturday 23rd Sunday 24th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
10	Lifeguarding	April/May Saturday 30th Sunday 1st	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
<p>Class Locations</p> <p>Chicagoland Pool Management Office (CPM Office) 1612 Ogden Ave. Lisle, IL 60532(CLASSROOM)</p> <p>Water's Edge Aquatic Center 545 John St. Bensenville, IL 60106 (WATER)</p>					

**Additional Classes will be held. We will add and update more classes as we have more details.

Visit our website www.chicagoland-pmg.com to register & pay for your course

For more information and class availability please contact Laura Clark

Laura.clark@chicagoland-pmg.com

2022 American Red Cross Lifeguarding Review Course Schedule

*****PLEASE CONTACT THE CPM OFFICE IF YOU HAVE QUESTIONS ABOUT REVIEW COURSE ELIGIBILITY**

Class schedule subject to change There must be a minimum of five (5) participants to hold a class. If there are less than 5, you will be contacted one week prior to the class.

Course #	Course Name	Days/Dates	Times	Locations	Costs
1R	Lifeguarding Review	December Mon 27th Tues 28th	Monday 9:00 am-6:00pm Tuesday 9:00am-5:00pm	MONDAY CPM Office SUNDAY Water's Edge	\$ 155 CPM Employees \$ 200 Non Employees
2R	Lifeguarding Review	January Saturday 15th Sunday 16th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 155 CPM Employees \$ 200 Non Employees
3R	Lifeguarding Review	February Saturday 5th Sunday 6th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 155 CPM Employees \$ 200 Non Employees
4R	Lifeguarding Review	February Saturday 19th Sunday 20th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 155 CPM Employees \$ 200 Non Employees
5R	Lifeguarding	March Saturday 5th Sunday 6th	Saturday 9:00 am-6:00pm Sunday 3:00pm-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
6R	Lifeguarding	March Monday 21 st Tuesday 22nd	Monday 9:00 am-6:00pm Tuesday 9:00am-9:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 225 CPM Employees \$ 275 Non Employees
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Class Locations

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Water's Edge Aquatic Center 545 John St. Bensenville, IL 60106

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