

## 2023 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)
- You will be given the American Red Cross Lifeguarding Manual to borrow for the period of the class.
- You will be given a pocket mask to borrow for the class. If you would like to purchase one you may for an additional \$10

### 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 \$50.00 charged for moving classes. If you do not pass the pre-requisite there will be **NO REFUNDS** for any reason. You must re-register and pay to attend another class.)

### 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](http://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](mailto:laura.clark@chicagoalnd-pmg.com)

## 2023 American Red Cross Lifeguarding Course Schedule

**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.

**\*\*\*Blended Learning:** All full classes are part of the American Red Cross Blended Learning Program. There is 7 hours of online work that must be completed PRIOR to attending the in person sessions listed below. This information will be emailed to you upon registration

Course #	Course Name	Days/Dates	Times	Locations	Costs
1	Lifeguarding	January Saturday 14 <sup>th</sup> Sunday 15 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
2	Lifeguarding	February Saturday 11 <sup>th</sup> Sunday 12 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
3	Lifeguarding	March Saturday 11 <sup>th</sup> Sunday 12 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
4	Lifeguarding	March Saturday 25 <sup>th</sup> Sunday 26 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
5	Lifeguarding	April Saturday 1 <sup>st</sup> Sunday 2 <sup>nd</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
6	Lifeguarding	April Saturday 15 <sup>th</sup> Sunday 16 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
7	Lifeguarding	April Saturday 29 <sup>th</sup> Sunday 30 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
8	Lifeguarding	May Saturday 6 <sup>th</sup> Sunday 7 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
10	Lifeguarding	May Saturday 20 <sup>th</sup> Sunday 21 <sup>st</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	TBD	\$ 150 CPM Employees \$ 250 Non Employees

### Class Locations

**Chicagoland Pool Management Office (CPM Office) 1612 Ogden Ave. Lisle, IL 60532 (CLASSROOM)**  
**Water's Edge Aquatic Center 545 John St. Bensenville, IL 60106 (WATER)**

Visit our website [www.chicagoland-pmg.com](http://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](mailto:laura.clark@chicagoland-pmg.com)

## 2023 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	January Saturday 14 <sup>th</sup> Sunday 15 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
2R	Lifeguarding Review	February Saturday 11 <sup>th</sup> Sunday 12 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
3R	Lifeguarding	March Saturday 11 <sup>th</sup> Sunday 12 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
4R	Lifeguarding	March Saturday 25 <sup>th</sup> Sunday 26 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
5R	Lifeguarding	April Saturday 1 <sup>st</sup> Sunday 2 <sup>nd</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
6R	Lifeguarding	April Saturday 15 <sup>th</sup> Sunday 16 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
7R	Lifeguarding	April Saturday 29 <sup>th</sup> Sunday 30 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 75 CPM Employees \$ 175 Non Employees
8R	Lifeguarding	May Saturday 6 <sup>th</sup> Sunday 7 <sup>th</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees
9R	Lifeguarding	May Saturday 20 <sup>th</sup> Sunday 21 <sup>st</sup>	Saturday CLASSROOM 9:00 am-7:00pm Sunday WATER 9:00am-6:00pm	SATURDAY CPM Office SUNDAY Water's Edge	\$ 150 CPM Employees \$ 250 Non Employees

### Class Locations

**Chicagoland Pool Management Office (CPM Office) 1612 Ogden Ave. Lisle, IL 60532 (CLASSROOM)**  
**Water's Edge Aquatic Center 545 John St. Bensenville, IL 60106 (WATER)**

Visit our website [www.chicagoland-pmg.com](http://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](mailto:laura.clark@chicagoland-pmg.com)