

American Red Cross Courses at RNH 2024

Lifeguarding BL - \$450

Class 1 - June 2nd, 7th, 8th. [Register Here](#)

Class 2 - July 13th, 14th [Register Here](#)

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute 40 seconds by starting in the water swimming 20 yards surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object return to the surface and swim 20 yards on the back to return to the starting point exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years.

Lifeguarding Review - \$250

Class 1 - June 1st. [Register Here.](#)

Class 2 - June 29th. [Register Here.](#)

Class 3 - July 27th. [Register Here.](#)

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

CPR Pro BL- \$135

Class 1 - June 22nd. [Register Here.](#)

Class 2 - June 23rd. [Register Here.](#)

Class 3 - July 7th. [Register Here.](#)

To train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This course has been updated to meet the 2015 ECC guidelines.

Water Safety Instructor (WSI) BL- \$525

Class 1 - June 9th, 15th, 16th. [Register Here.](#)

Class 2 - July 14th, 20th, 21st. [Register Here.](#)

This course also known as WSI™ trains American Red Cross Water Safety Instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. The courses and presentations include Parent and Child Aquatics Levels 1 and 2 Preschool Aquatics Levels 1 - 3 Learn-to-Swim Levels 1 - 6 three adult courses as well as the Basic Water Rescue and Personal Water Safety courses and more. To enroll instructor candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the precourse session which includes demonstration of swimming skill at Learn-to-Swim Level 4.

All Blended Learning (BL) courses require online training due before the first day of class. You will receive an email within 24 hours of purchasing a course.

View all Classes [Here](#)

