



AMERICAN RED CROSS LIFEGUARD CERTIFICATION

Course Description and Details:

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue skills, surveillance skills, First Aid, CPR/AED and more. These are all skills you will need to work as a professional lifeguard.

This course is Blended Learning, which means you will be required to complete a portion of the class online. Successful completion results in a 2-year certification in Lifeguarding that includes First Aid, professional level CPR and AED in one certificate. Digital certificates are available within 48 hours of course completion.

Cost:

\$250 for San Mateo Athletic Club members or \$300 for non-members. There is an additional \$35 fee paid directly to the American Red Cross. Registration closes 72 hours before each class begins.

Please note:

Course participants must be at least 15 years old. They must be able to swim 300 yards of freestyle, tread water without using their hands for 2 minutes and retrieve a brick in 7 feet of water. If you are not a strong swimmer, please take swimming lessons before this class.

To successfully complete the certification course, participants must attend the full class, bring or show their online completion certificate, score at least 80% on two written tests and pass all skills assessments.

All fees paid are non-refundable regardless if the participant passes the course.

All classes must have at least 4 (four) participants to be held.

2019 CLASS DATES & TIMES

Choose one session:

March 29 – 31

May 10 – 12

May 20 - 24

June 14 - 17

Times for all sessions:

Except May 20-24

Fridays 5:30p-10p

Saturdays 9a-5p

Sundays 9a-5p

May 20- May 24

***No Class May 23**

5pm-10pm

SAN MATEO ATHLETIC CLUB

at the College of San Mateo

1700 W Hillsdale Blvd

San Mateo, Ca 94402

650-378-7383

smac.aquatics@smccd.edu



2019 American Red Cross Course Registration Form

Please submit this form to the Aquatics Desk or scan & Email: SMAC.Aquatics@smccd.edu

Participant's Full Name	Age	Date of Birth
		Yes No
Parent's Full Name (if participant under 18 yrs)		Member of SMAC
Primary Phone #	Email	
Emergency Contact	Relationship	Phone #

Lifeguard Full Course – Attendance is required to all dates

Dates (Pick one session)	SMAC Member	Guests
<input type="checkbox"/> March 29 th – 31 st	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300
<input type="checkbox"/> May 10 th – 12 th	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300
<input type="checkbox"/> May 20th – 24th	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300
<input type="checkbox"/> June 14 th -16 th	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300

Lifeguard Re-Certification Courses

Dates (Pick one)	SMAC Member	Guests
<input type="checkbox"/> Saturday, March 23 rd 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
<input type="checkbox"/> Saturday, April 27 th 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
<input type="checkbox"/> Sunday, April 28 th 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
<input type="checkbox"/> Saturday, May 25 th 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
<input type="checkbox"/> Saturday, June 29 th 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
<input type="checkbox"/> Saturday, July 27 th 10am-4pm	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150

Other skills, such as Oxygen Administration, EPI pen training, or Blood Borne Pathogen can be added to a course, or taught as a standalone class upon request. For further information about any Red Cross course offering, please contact Yvonne Taylor at TaylorY@smccd.edu