



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:

\$255 for San Mateo Athletic Club members or \$305 for non-members.

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 on-line 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 or completes the on-line content in time.

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



**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO

2020 CLASS DATES & TIMES

Choose one session:

Session One

Fri. 3/13 5:30p-9:30p

Sat & Sun 3/14 & 3/15

9am-5pm

Session Two

Tues, Thurs, Fri

April 21st, 23rd, 24th

5:30pm - 9:30pm

Sat. 4/25 9am-5pm

Session Three

Fri. 5/15 5:30p-9:30p

Sat & Sun 5/16 & 5/17

9am-5pm

Session Four

Fri. 6/5 5:30p-9:30p

Sat & Sun 6/6 & 6/7

9am-5pm

SAN MATEO ATHLETIC CLUB

at the College of San Mateo

1700 W Hillsdale Blvd

San Mateo, Ca 94402

650-378-7383

smac.aquatics@smeed.edu



2020 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
Parent's Full Name (if participant under 18 yrs)	Yes No 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 13 th – 15 th	<input type="checkbox"/> \$255	<input type="checkbox"/> \$305
<input type="checkbox"/> April 21 st – 25 th	<input type="checkbox"/> \$255	<input type="checkbox"/> \$305
<input type="checkbox"/> May 15 th – 17 th	<input type="checkbox"/> \$255	<input type="checkbox"/> \$305
<input type="checkbox"/> June 5 th - 7 th	<input type="checkbox"/> \$255	<input type="checkbox"/> \$305

Lifeguard Re-Certification Courses

Dates (Pick one)		SMAC Member	Guests
<input type="checkbox"/> Feb. 18 th & 19 th	6pm-9:30pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155
<input type="checkbox"/> March 2 nd & 3 rd	6pm-9:30pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155
<input type="checkbox"/> Saturday, March 21 st	10am-4pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155
<input type="checkbox"/> Saturday, April 25 th	10am-4pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155
<input type="checkbox"/> Saturday, May 16 th	10am-4pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155
<input type="checkbox"/> Saturday, June 20 th	10am-4pm	<input type="checkbox"/> \$130	<input type="checkbox"/> \$155

Lifeguard Instructor Course (LGI)

- Thurs & Fri March 19th & 20th 5:30pm-9:30pm
- AND Sat & Sun March 21st & 22nd 9am-5pm \$350 \$425

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