



**American
Red Cross**



AMERICAN RED CROSS

LIFEGUARD CERTIFICATION

Become a Lifeguard!

Great opportunity for young adults to master marketable career skills like communication, responsibility, and teamwork.

Price

\$350.00 Full Certification | \$200.00 Recertification

Please note: Participants must attend **all classes** within their chosen session. Participants cannot attend classes within another session. Make-ups are not permitted.

For more information, please contact:

Christian Petrucci, Aquatics Manager
cpetrucci@fitnessandwellness.org | 484.227.7915

Don't forget to ask about our Certification Reimbursement Program!

See back for all upcoming sessions.

Lifeguard Certification Prerequisites:

Participants must be 15 years old at the end of the class sessions.

Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and completely submerge, surface, then swim 150 yards using the front crawl, breaststroke, or a combination of both. (*Swimming on the back or side is not permitted. Swim goggles are allowed.*)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke, or a combination of both.

Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. The face may be in or out of the water. (*Swim goggles are NOT allowed.*)
- Surface dive, feet first or head first, to a depth of 7-10 feet and retrieve a 10-pound object.
- Return to the surface and swim 20 yards on your back to return to the starting point, with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Exit the water without using a ladder or steps.

The above skill test will be administered as the first thing in the course. Please be prepared.



**Fitness & Wellness
Center**

Main Line Health Fitness & Wellness

1020 Baltimore Pike, Suite #150, Glen Mills, PA 19342
484.227.7999 | www.MainLineHealthFitnessandWellness.com

These materials are neither sponsored nor endorsed by the Penn-Delco School District. The Penn-Delco School District has neither reviewed nor approved the program, personnel, activities, or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district. The Penn-Delco School District shall be held harmless from any cause of action or claim filed arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards.

43515069_1225



Fitness & Wellness
Center



American
Red Cross

Lifeguard Certification Class Schedule December 2025–June 2026

DECEMBER		JANUARY	
*RECERTIFICATION COURSE		SESSION 1	
Saturday, December 20	7:00am–5:00pm	Friday, January 2	5:00pm–8:00pm
		Saturday, January 3	7:00am–5:00pm
		Sunday, January 4	
FEBRUARY		MARCH	
SESSION 2		SESSION 3	
Friday, February 27	5:00pm–8:00pm	Friday, March 27	5:00pm–8:00pm
Saturday, February 28	7:00am–5:00pm	Saturday, March 28	7:00am–5:00pm
Sunday, February 29		Sunday, March 29	
APRIL		MAY	
SESSION 4		*RECERTIFICATION COURSE	
Friday, April 24	5:00pm–8:00pm	Saturday, May 9	7:00am–5:00pm
Saturday, April 25	7:00am–5:00pm		
Sunday, April 26			
MAY		JUNE	
SESSION 5		SESSION 6	
Friday, May 29	5:00pm–8:00pm	Friday, June 12	5:00pm–8:00pm
Saturday, May 30	7:00am–5:00pm	Saturday, June 13	7:00am–5:00pm
Sunday, May 31		Sunday, June 14	

Please note: All classes are blended. They require both virtual and in-person attendance.

*Recertification: To participate in the Lifeguard Recertification class you must have a current lifeguard certification or certification expired by no more than 30 days.



Fitness & Wellness
Center

Main Line Health Fitness & Wellness
1020 Baltimore Pike, Suite #150, Glen Mills, PA 19342
484.227.7999 | www.MainLineHealthFitnessandWellness.com