



American Red Cross

LIFEGUARD TRAINING

AT LOUISIANA TECH UNIVERSITY

FULL COURSE INFORMATION

REGISTRATION

ONLINE @ www.bacswim.net

-click on SWIM CLASS REGISTRATION tab-

must pay in full online to reserve spot

COURSE INFORMATION

- Includes all required components (Lifeguard/CPR/AED/First Aid) for 2 years.
- Fee includes online book, mask and online access fee.
- 4 participant minimum to hold a class.
- Class size limited. Please register early to reserve your spot.
- This course has online components that the student will need to have mostly completed by the Friday of the class. Link will be emailed one week before the class begins.

PREREQUISITES

- 15 years of age (bring proof to first class).
- Endurance swim of 150 yards continuous front crawl or breaststroke, into a 2-minute deep water tread (no arms) followed by a 50 yard swim.
- 10-pound brick retrieval in a depth of 10-12 feet from a 20 yard swim (to be completed in 1 min, 40 sec).

CERTIFICATION REQUIREMENTS

- Pass prerequisites
- Have 100% class attendance
- Participate in all water skills
- Receive 80% on written exams
- Demonstrate skill competency
- Complete final skills exams

WHAT TO BRING TO CLASS

- One-piece swim suit or trunks
- Towels
- Notebook and pencil
- Drinks and snacks
- Meet on Lambright pool deck

***ALL CLASSES HELD AT: LAMBRIGHT SPORTS CENTER**
921 TECH DRIVE, RUSTON, LA 71270*

2025

3 CLASS CHOICES

APRIL 7, 10-13

OR

APRIL 28, MAY 1-4

OR

MAY 12, 15-18

Mon. 6 – 8 pm

Thurs. 6 - 8 pm

Fri. 6 - 9 pm

Sat. 9 am - 6 pm

Sun. 1 - 6 pm

COST: \$350

BAC SWIM SCHOOL

www.bacswim.net

CONTACT: Payton Carnahan

paytonc@latech.edu

318-257-2609

