American Red Cross

LIFEGUARD TRAINING

AT LOUISIANA TECH UNIVERSITY
RECERTIFICATION 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.
- 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

-Must currently possess a VALID Lifeguard certification (not expired more than 60 days).
-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: $225

BAC SWIM SCHOOL

www.bacswim.net

———

CONTACT: Payton Carnahan

paytonc@latech.edu

318-257-2609