American Red Cross

Lifeguard/Water Park/CPR for the Pro/AED/First Aid

Rapid City Aquatics is offering a Blended Learning Lifeguard course. This format requires students to complete the online coursework before attending class in person. Once registration is complete, email Emily for access to the online coursework and lifeguard manual. Candidates that are registered for the course will have access to practice swimming at the Swim Center (recommended). Lifeguard candidates must be 15 years old by the last day of the class. Registration will open on March 3 and close on May 4. Must have 4 students registered by May 4 to run the class.

Class dates and times: May 6, 5:00pm-6:00pm; May 7, 4:00pm-8:00pm; May 8, 10:30am-8:00pm; May 9, 9:00am-6:00pm. Candidate must attend each session, complete online course work before attending classroom sessions, pass written tests, and complete all physical skills to pass. No refunds. The lifeguard candidate MUST contact Emily via e-mail by May 4 to ensure enough time for online course completion.

Pre-Course Swim Requirements

* 300 yard continuous swim of front crawl and/or breaststroke. Swimming on back or side is not permitted. Goggles are allowed.

* Tread water, legs only and without support or stopping, for two minutes. Candidate should have hands under armpits and head must remain above surface of the water.

* Starting in the water, swim 20 yards using front crawl or breaststroke, use surface dive to retrieve 10 pound brick from 7-10 feet deep water, swim 20 yards back to starting point, and exit water without use of ladder or steps. During swim with the brick, face must be out of the water and both hands must be on brick. Candidate has 1 minute 40 seconds to complete this skill; goggles are not allowed.

Call the Swim Center at (605) 394-5223 or contact Emily Carstensen at emily.carstensen@rcgov.org