

**What you need to bring to your  
LG Class**

- Appropriate and comfortable bathing suite
- Goggles
- Towel
- Lunch and snacks—there will be no break
- Extra Clothes
- Drivers License
- Proof of online completion

**LIFEGUARD INSTRUCTOR INFORMATION**

Lauren Wolf: 843-918-2285  
lwolf@cityofmyrtlebeach.com

Kaitlyn Holmes: 843-918-2277  
kearnest@cityofmyrtlebeach.com

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# Water Safety Instructor

On behalf of the City of Myrtle Beach and the Carolina Chapter of the American Red Cross, I would like to thank you for your interest in the Water Safety Instructor Training Program.

In the Water Safety Instructor Training course you will be taught the knowledge and skills needed to plan and teach courses in the American Red Cross Swimming and Water Safety Program. You will be given practice-teaching assignments, which will give you experience in presenting information and teaching skills to course candidates, conducting classes and evaluating skills.

Course work will include physical exercise. Online, classroom and take home assignments require attentiveness to reading and lectures. The Pre-Course consists of the following skills test: Swim the following strokes consistent with American Red Cross Learn-to-Swim Level 4 stroke Performance Criteria:

- Front crawl – 25 yards
- Back crawl – 25 yards
- Breaststroke – 25 yards
- Elementary backstroke – 25 yards
- Sidestroke – 25 yards
- Butterfly – 15 yards
- Maintain position on back 1 minute in deep water (floating or sculling).

Tread water for 1 minute.

Proof that you will be at least 16 years old by the scheduled course completion date.

Course Fee: \$115 City Residents/\$195 Non-City

Materials: Purchase or download materials at [redcross.org](http://redcross.org) **REQUIRED**

**April 11-14th 8am—12pm**

**May 14-15th 8am—5pm**

INSTRUCTOR

Amanda Payne 843-918-2286  
alpayne@cityofmyrtlebeach.com

## Blended Learning Course



# LIFEGUARD & Water Safety Instructor

## 2022

# Certification Courses

## Myrtle Beach Aquatics

Pepper Geddings  
Recreation Center

3205 Oak Street  
Myrtle Beach, SC 29577  
843.918.2280



# Lifeguard Class Information

## Course Information

On behalf of the City of Myrtle Beach and the Coastal Carolina Chapter of the American Red Cross, I would like to thank you for your interest in the Lifeguard Training Program.

If you're 15 or older and looking for a great summer job or challenging career that's in demand, the Red Cross Lifeguarding program is the place to start. Through online practices, videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED.

In the Lifeguard Training course you will be taught the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and to prevent drowning and injuries.

## Fees & Charges

Pre-Registration is strongly recommended. A \$20 Non-Refundable Deposit is due at the time of registration. This deposit will be applied to course fees upon successful completion of the Pre-Course Session and includes pool use from registration through the end of class. (See swim schedule.)

The Course Fee is \$110 for City Residents and \$185 for Non-City Residents and includes certification (if all course work is completed satisfactorily) and a pocket mask.

Please make checks payable to the City of Myrtle Beach.

Space is limited so register early!

## Classes Offered for 2022

### Blended Learning Course Dates & Time

Class 1: April 11-14th 12-5pm

Class 2: May 16-20th 4-7pm

Class 2: May 30– June 3rd 4-7pm

\*\* Times and Dates are subject to change.

Please be aware that Lifeguard courses are blended learning and there will be online assignments that need to be completed prior to class. Because of this, pre-registration is necessary. Registration deadlines can be set several days prior to the first class. Call early to register!\*\*

## Lifeguard Pre-Course Session

All of the following must be completed before starting the course. The pre-course session will be held the first day of every offered class.

- ◆ Proof that you will be at least 15 years old (drivers license or birth certificate) by the scheduled course completion date.
- ◆ Swim 300 yards continuously, face in the water using rhythmic breathing and a stabilizing, propellant kick.
- ◆ Tread water continuously for 2 minutes using only your legs.
- ◆ Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return with the object to the surface and swim 20 yards back to the starting point with both hands holding the object and exit the water without using a ladder or steps within 1 minute, 40 seconds without goggles.

## ALL Certification Requirements

To receive certification one must complete all of the following:

- Complete all online pre-course work.
- Pass the pre-course requirements.
- Have a current Lifeguard Manual. Can be downloaded and printed from RedCross.org
- Must pay the entire course fee by the start of second class meeting.
- Demonstrate competency in all rescue skills and pass all swimming skills
- Correctly answer at least 80% of the questions on any and all written Examinations.
- Attend ALL scheduled class meetings and be on time.