

NAS Patuxent River & NRC Solomons Riverside Aquatics Teams

AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

BLENDED CURRICULUM CLASS

This class is for people seeking first-time certification and current guards seeking recertification.



PREREQUISITE SWIM TEST

- 300-meter continuous swim using both breast and freestyle strokes
- Timed 20-yard swim retrieving a 10-pound brick from 12-foot depth and exiting the water
- Two-minute continuous treading water with NO use of arms/hands
- All participants must successfully complete the prerequisite skills test on the first day of class in order to continue through to the instructional portion (online and in person)

NAS PATUXENT RIVER | JUNE 3 - 12

REGISTRATION: DRILL HALL | MON - FRI, 9:30AM - 4:30PM | 301.757.3943

June 3 (Sat)	9 - 11 a.m.	Pre Req in Water Skills Test
June 3 - 9 (Sat-Fri)	Online	Coursework
June 10 (Sat)	8 a.m. - 5 p.m.	Course Lecture, Skills Work
June 11 (Sun)	8 a.m. - 5 p.m.	Course Lecture, Skills Work
June 12 (Mon)	5 - 8 p.m.	Final Skill Tests (water scenarios & written test)

NRC SOLOMONS | JULY 14 - 23

REGISTRATION: RIVERSIDE POOL | TUES - SUN, 11AM - 6:30PM | 410.326.6876

REGISTRATION WILL COMMENCE ON JUNE 1ST FOR NRC SOLOMONS LOCATION/CLASSES

July 14 (Fri)	5 - 7 p.m.	Pre Req in Water Skills Test
July 15-20 (Sat-Thurs)	Online	Coursework
July 21 (Fri)	8 a.m. - 4:30 p.m.	Course Lecture, Skills Work
July 22 (Sat)	8 a.m. - 4:30 p.m.	Course Lecture, Skills Work
July 23 (Sun)	8 a.m. - Noon	Final Skill Tests (water scenarios & written test)

- Refunds will not be issued if participant is unable to execute/pass/complete any portion of the course to the ARC standards. This includes the prerequisite skills test, written tests, skills tests (water rescues & scenarios/CPR/1st Aid/AED and final rescue scenarios as outlined by ARC)
- Participants must be 15 years of age by the last day of the course and provide proof of age at the time of registration.
- All participants must successfully complete the prerequisite skills (detailed above) in order to continue with course.



VISIT NAVYMWRSOLOMONS.COM

Open to all with base access.

For more information: 410-326-2964/6376

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NRC SOLOMONS

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