



757swim Aquatic Center  
5720 Warhill Trail  
Williamsburg, VA 23188



American  
Red Cross

# LIFEGUARD CERTIFICATION CLASS

## GET CERTIFIED IN ONE DAY

A hybrid approach with self-paced online learning and one day in-person water assessment. The class includes CPR/First Aid/AED Certifications.

Cost:

Lifeguard Certification Class: \$325

Lifeguard Recertification Class: \$225

### Requirements

- Must be 15 years old
- Must be able to swim 300 yards and tread water for 2 minutes
- Completion of online portion before day of water assessment

Dates of swimming test and in-person water assessment (choose 1):

Feb 3/4, March 10/11, May 5/6, June 2/3

Approximately 6 hours

Friday Swimming Tests: 4:30-5:00 pm

Saturday In-Person Assessment: 9:00-3:00 pm

### Lifeguard Recertification Classes

April 29

- Lifeguard Certification may not be more than 30 days expired.

We also offer certifications for CPR, First Aid or AED training only.

If interested, please email [payments@757swim.com](mailto:payments@757swim.com) to register for classes.



# Red Cross Lifeguard Certification Study Guide

**CH Cherryholmes**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Red Cross Lifeguard Certification Study Guide:**

**American Red Cross Lifeguard Exam** Educational Testing Group, 2018-04-09 This practice test includes 140 multiple choice test questions about American Red Cross Lifeguard Exam The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions THREE main topics LIFEGUARDING and WATER SKILLS are covered in this test Lifeguarding questions focus on 9642 Lifeguarding Skills 9642 Professional Rescuer and First Aid Water Skills questions focus on 9642 Basic Water Rescue 9642 Waterfront Skills 9642 Waterpark Skills 9642 Shallow Water Lifeguarding Skills

**Ferguson Career Resource Guide to Internships and Summer Jobs, 2-Volume Set** Carol Turkington, 2014-05-14 Provides details on over 550 internships and summer jobs *Certification and Accreditation Programs Directory* Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

**The Complete Idiot's Guide to Cool Jobs for Teens** Susan Ireland, 2000-03-01 From beaches and amusement parks to fast food restaurants babysitting and clerking more teens are looking for jobs than ever before With the help of this guide to cool jobs they will know what to expect and what employers will expect of them

**American Red Cross Water Safety Instructor's Manual**, 2004 *From Survival to Success* Nguyen Quan, 2025-07-09 Welcome to From Survival to Success The Complete Guide to Swimming a comprehensive resource designed to transform your relationship with swimming whether you re a beginner dipping your toes into the water for the first time or an experienced swimmer aiming to refine your skills and achieve greater success My name is Nguyen Quan and as a lifelong swimmer coach and enthusiast I ve poured my passion and expertise into creating a guide that empowers you to navigate the world of swimming with confidence technique and purpose Swimming is more than just a sport or a survival skill it s a journey of personal growth discipline and joy This book is crafted to take you from the fundamentals of staying afloat to mastering advanced techniques that can propel you to competitive success or simply enhance your enjoyment of the water Drawing from years of experience in coaching and competitive swimming I ve structured this guide to be practical accessible and inspiring for swimmers of all levels In these pages you ll find a blend of step by step instructions expert tips and motivational insights to help you overcome challenges and unlock your potential From understanding the physics of water to perfecting your strokes building endurance and even preparing for competitions this book covers every aspect of swimming with clarity and depth Whether your goal is to swim for fitness compete at a high level or simply feel at home in the water From Survival to Success is your companion on this rewarding journey Let s dive in and start swimming toward your goals together

**Paperbound Books in Print**, 1992 **Lifeguarding Manual** American National Red Cross, 2023-12-31

Subject Guide to Books in Print, 1997 *American Red Cross Lifeguarding Manual* American Red Cross, 2012-01-05 As

the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp

The Back Door Guide to Short-term Job Adventures ,2002      *Medical and Health Care Books and Serials in Print* ,1997      **American Red Cross Lifeguard Training Instructor's Manual** ,1988-01-01      Courses and Degrees Stanford University,1992      Guide for Training American Red Cross Lifeguard Instructors American Red Cross Staff,1990-01-01

*Lifesaving* ,      *Halfway To Half Way* Suzann Ledbetter,2007-05-01 Hannah Garvey the resident manager of Valhalla Springs an exclusive retirement community thought she had this love thing all sewn up She s engaged to David Hendrickson the hunky Kinderhook County sheriff and thinks the future looks pretty rosy until one of Sanity Missouri s most esteemed citizens becomes the county s latest homicide victim Meanwhile Delbert Bisbee and his gang of senior gumshoes are driving Hannah nuts doling out advice delving into an old missing persons case and digging dirt where they don t belong Literally And no matter what they unearth there s just no halfway about it life has a funny way of happening when you re making other plans

**Public Health Bibliography Series** ,1951      *Swimming Pools and Natural Bathing Places* National Center for Urban and Industrial Health (U.S.),1967      **Instructor** ,1993

The book delves into Red Cross Lifeguard Certification Study Guide. Red Cross Lifeguard Certification Study Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Red Cross Lifeguard Certification Study Guide, encompassing both the fundamentals and more intricate discussions.

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