2021 American Red Cross Course Schedule Guidelines

San Antonio Pool Management offers American Red Cross courses throughout the year for certification in Lifeguarding, First Aid, CPR for the Professional Rescuer, and AED. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. If you miss any classes, there are no make-ups. You must re-register and pay to attend another class.

Textbooks must be downloaded in advance from the American Red Cross site. Wifi is available at the San Antonio Pool Management office, but may not be available at all testing locations. Therefore, it is best to download it onto a device in advance rather than to stream it from the ARC site during class. Visit this link to download the appropriate version of the book: https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/3o000000xQAP/bUEh8gQ.uIugwBMXwcZvTgCx6Qsx5f5tHZYzrsHVRxo

Pocket masks are provided as part of the course fee.

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Refund Policy
Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun you may move your registration to another Lifeguarding class offered by San Antonio Pool Management in the same year. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register for another class. We will allow you to repeat the course ONE time at no additional cost.

Certifications

Lifeguard Course:
American Red Cross Lifeguard Training certificate - valid for 2 years
American Red Cross First Aid - valid for 2 years
American Red Cross CPR/AED for the Professional Rescuer - valid for 2 years

First Aid and CPR/AED for the Professional Rescuer Course

American Red Cross First Aid - valid for 2 years
American Red Cross CPR/AED for the Professional Rescuer - valid for 2 years

Lifeguard Pre-Course Requirements

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **300 Yard Swim** (300 yards of freestyle or breaststroke – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10 pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.
- **Tread Water** - You must tread water without using your hands for 2 minutes.

The purpose of the swim is to demonstrate comfort in the water.

2020 American Red Cross Course Schedule

(Each course # is a full class - Class schedule subject to change. There must be a minimum of four (4) participants to hold a class. If there are less than 4, you will be contacted via phone.) – All of our locations are outdoor, and we make every attempt to complete the course during the specified dates. If inclement weather prevents that, we will reschedule on the next available date that a majority of the attendees are available.

Course #	Course Name	Days/Dates	Times	Locations	Costs
LG 1 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**April** Saturday 3 Sunday 4	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 2 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**April** Saturday 10 Sunday 11	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 3	**Lifeguarding** Includes: First Aid & CPR/AED	**April** Saturday 17 Sunday 18	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday**	**$240** San Antonio Pool Mgmt Employees **$270**

				San Antonio Pool Management Office	Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
WAIVER FORM REQUIRED	Valid for 2 years			San Antonio Pool Management Office	Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 4 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**April** Saturday 24 Sunday 25	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 5 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**May** Saturday 1 Sunday 2	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 6 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**May** Saturday 8 Sunday 9	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 7 **WAIVER FORM REQUIRED**	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**May** Saturday 15 Sunday 16	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 8	**Lifeguarding** Includes: First Aid & CPR/AED Valid for 2 years	**May** Saturday 22 Sunday 23	**All Days** 9 am – 9 pm	**Saturday** Forest Oaks Pool **Sunday**	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees

WAIVER FORM REQUIRED				San Antonio Pool Management Office	**$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 9 **WAIVER FORM REQUIRED**	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Wednesday 9 Thursday 10	**Wednesday** 9 am – 9 pm **Thursday** 9 am – 3 pm	**Wednesday** Forest Oaks Pool **Thursday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 10 **WAIVER FORM REQUIRED**	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Wednesday 16 Thursday 17	**Wednesday** 9 am – 9 pm **Thursday** 9 am – 3 pm	**Wednesday** Forest Oaks Pool **Thursday** San Antonio Pool Management Office	**$240** San Antonio Pool Mgmt Employees **$270** Non-Employees **$150** San Antonio Pool Mgmt Recertifying Employees ONLY
LG 11 **WAIVER FORM REQUIRED**	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>July</u> Wednesday 21 Thursday 22	**Wednesday** 9 am – 9 pm **Thursday** 12 pm – 6 pm	**Wednesday** Forest Oaks Pool **Thursday** San Antonio Pool Management Office	**$100** San Antonio Pool Mgmt Employees **$270** Non-Employees
GA 1 **WAIVER FORM REQUIRED**	<u>Gate Attendant First Aid, CPR, AED ONLY</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Monday 7	**Monday** 12 pm – 7 pm	**Monday** San Antonio Pool Management Office	**$40** San Antonio Pool Mgmt Employees **$100** Non-Employees
GA 2 **WAIVER FORM REQUIRED**	<u>Gate Attendant First Aid, CPR, AED ONLY</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Monday 21	**Monday** 12 pm – 5 pm	**Monday** San Antonio Pool Management Office	**$40** San Antonio Pool Mgmt Employees **$100** Non-Employees

Class Locations

Please refer to the table above to determine the locations of each specific course. The addresses for each location are noted below.

When students are in the water, class will be held at one of the following locations:

City of Leon Valley Pool:
6600 Strawflower
Leon Valley, TX 78238

Forest Oaks Pool:
6620 Forest Grove
Leon Valley, TX 78238

When students are in the classroom, **if class is NOT being held at the pool**, class will be held at the

San Antonio Pool Management Office:
121 Interpark Blvd., Suite 405
San Antonio, TX 78216

Employee Registration

San Antonio Pool Management employees may register for a course through the San Antonio Pool Management website. To access the course and register:

1. Visit www.sanantonio-pmg.com and click on the Lifeguarding > Lifeguard Certification tab.
2. Select the option that designates you as a San Antonio Pool Management, Inc. Employee.
3. Select the course that you prefer.
4. Make the corresponding payment for your course whether you opt to bring a check (payable to San Antonio Pool Management) on the first date of the event, or make a payment using the credit or debit card option through the website. **All credit or debit payments will carry an additional 3% surcharge to cover the fee we are assessed. **Returning employees receive a discount, and should reach out to Dee for the required promo code!****

Download the online textbooks associated with your course through the American Red Cross site so that you will be prepared for the course. Visit this link: https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/3o000000xQAP/bUEh8gQ.uIugwBMXwcZvTgCx6Qsx5f5tHZYzrsHVRxo

Non-Employee Registration

Those who are NOT San Antonio Pool Management employees may register for a course through the San Antonio Pool Management website. To access the course and register:

1. Visit www.sanantonio-pmg.com and click on the Lifeguarding > Lifeguard Certification tab.
2. Select the option that indicates you are NOT a San Antonio Pool Management, Inc. employee.
3. Select the course that you prefer.
4. Make the corresponding payment for your course using the credit or debit card option through the website. **All credit or debit payments will carry an additional 3% surcharge to cover the fee we are assessed.**

Download the online textbooks associated with your course through the American Red Cross site so that you will be prepared for the course. Visit this link: https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/3o000000xQAP/bUEh8gQ.uIugwBMXwcZvTgCx6Qsx5f5tHZYzrsHVRxo