

Lifeguard Training

Frequently Asked Questions:

Q: What if I cannot attend one class time? Can I make it up?

A: Unfortunately, no. The time commitment & staff resources to the entire class would be jeopardized to accommodate the needs of one. Students can reschedule to another class at no charge. Please notify us at least 3 days prior to the start of class, if you wish to reschedule.

Q: What if I don't pass the prerequisites? Can I still attend?

A: Unfortunately, no. Inability to pass ARC's prerequisites would prove the student's progress in the class to be difficult and possibly dangerous to the student. However, we can reschedule the student to a later class (at no charge), allowing them time to find a pool and practice or attend our prep class. If the student decides not to re-attempt the course prerequisites at a later date, we can refund the full tuition minus \$35 (cost for reserving the spot and course materials). **Refunds must be requested within 14 days.**

Q: What do I need to bring to class?

A: Students need to bring: swimsuit, dry change of clothes, goggles, contacts case (if student requires contacts), writing utensil, sack lunch or money for lunch and snacks. A sweatshirt is recommended as the classroom is air conditioned and much cooler than the pool deck. Towels are provided at the fitness center, but students may bring their own if they wish.

Q: Do we have breaks during the class?

A: Yes. We realize this is an intense training course with long hours, so students will receive numerous small breaks throughout the training days, as well as an hour for lunch on Saturday and Sunday.

Q: Is there a test to pass at the end of class?

A: Yes, there is a written test at the end of the class which consists of 4 sections. Each section must be passed with an 80% or above. A student is allowed only one retake of a failed section(s). Students will also be tested on their practical knowledge of rescue skills. There are no refunds once a student has gone through the full course. If a student has a learning disability, please let us know prior to the class so that we can discuss alternative testing options.

Q: Will I be certified upon completion of the class?

A: Yes, upon successful completion of the class, students are certified lifeguards. However, students will not receive their certification cards in the mail for up to 3 weeks. We provide the students with a letter of completion on the last day of class so they can begin applying for jobs while waiting for their cards to arrive. We highly suggest making a few copies of the letter and the cards in case the originals are misplaced.

Q: What certifications will I receive?

A: Lifeguard and First Aid – good for 3 years; CPR and AED for Lifeguards – good for 1 year; Bloodborne Pathogens Training – good for 1 year

Q: How do I register?

A: Just click on the registration form link at the top of the page, print it, fill it out and sign the bottom. You can mail in the form along with the payment, or you can fax the form in and pay by credit card over the phone. A spot is saved in the class once we have received both the form and the payment. Classes fill up very fast the closer we get to summer.