



American Red Cross Lifeguard

Certification & Recertification

2025 Class Schedule

Lifeguard Certification:

February 7-9, March 28-30 and May 16-18

Fridays 4-7:30 p.m.

Saturdays 9 a.m. - 5:30 p.m.

Sundays 12:30-5:30 p.m.

Lifeguard Recertification:

February 21-22, April 11-12 and June 6-7

Fridays 4-8 p.m.

Saturdays 9 a.m. - 5 p.m.



Pre-course information (for certification or recertification):

All participants are required to pass a water-skills test before advancing to the rest of the course. The prerequisites will include: distance swimming, treading of water and dive/retrieval of a 10 lb. object.

Lifeguard Certification with Blended Learning

This course is approximately 20 hours of classroom and in-water training with 4-6 hours of online training, which provides participants with the knowledge, skills and training necessary to become a lifeguard. Participants must be 15 years of age by the completion of the course. Once you have registered and paid for the class, you will receive an email with a link to access the Lifeguarding Participant Manual eBook. As well as a separate email on how to complete the online training.

**Students must attend all sessions of the class to pass.*

Lifeguard Recertification

This course is approximately 8 hours of classroom and in-water training. Your Lifeguarding and First Aid must not have expired more than 30 days to take this recertification class. Along with Lifeguarding and First Aid, this class includes recertification in CPR/AED for the Professional Rescuer. Please bring your hip pack with resuscitation mask if you are able.

**Classes will be held at
the Healthpark Classroom
(A or B) and Natatorium**

**For dates go online to
[OwensboroHealth.org/
Lifeguards](https://OwensboroHealth.org/Lifeguards)**

Certification:

\$150 for member

\$180 for nonmember

Recertification:

\$125 for member

\$150 for nonmember

**Fee includes First Aid/CPR/AED*

Registration limited. For more information or to sign up please contact
Mackenzie Morris at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org