

Job seekers please note, we hire strong candidates directly out of our classes based off applications and interviews.

# Lifeguard Certification Course

# 2026



## American Red Cross

**\$265/MEMBER, \$295/NON-MEMBER**

**FEBRUARY 14-16 | SATURDAY, SUNDAY, MONDAY 10AM-5PM**

**APRIL 10-12 | FRIDAY 5-10PM, SATURDAY, SUNDAY 10AM-5PM**

**MAY 23-25 | SATURDAY, SUNDAY, MONDAY 10AM-5PM**

**JUNE 19-21 | FRIDAY, SATURDAY, SUNDAY 10AM-5PM**

**JULY 10-12 | FRIDAY, SATURDAY, SUNDAY 10AM-5PM**

**SEPTEMBER 4-6 | FRIDAY 5-10PM, SATURDAY, SUNDAY 10AM-5PM**

**OCTOBER 2-4 | FRIDAY 5-10PM, SATURDAY, SUNDAY 10AM-5PM**

**NOVEMBER 27-29 | FRIDAY, SATURDAY, SUNDAY 10AM-5PM**

**DECEMBER 28-30 | MONDAY, TUESDAY, WEDNESDAY 10AM-5PM**

THROUGH VIDEOS, GROUP DISCUSSION AND HANDS-ON PRACTICE, YOU'LL LEARN WATER RESCUE, FIRST AID, CPR AND OTHER SKILLS NEEDED TO WORK AS A PROFESSIONAL LIFEGUARD. UPON SUCCESSFUL COMPLETION, PARTICIPANTS WILL RECEIVE A 2-YEAR CERTIFICATION BY AMERICAN RED CROSS. COURSE IS LOCATED IN THE MULTI-PURPOSE POOL.

**PREREQUISITES:** MUST BE AT LEAST 15 YEARS OLD AND PASS A PRELIMINARY SWIMMING TEST. THIS TEST INCLUDES SWIMMING 150 YARDS, TREADING WATER FOR TWO MINUTES WITHOUT HANDS, IMMEDIATELY SWIMMING AN ADDITIONAL 50 YARDS; RETRIEVING A TEN-POUND BRICK FROM A DEPTH OF SEVEN FEET, AND SWIMMING 20 YARDS USING LEGS ONLY WHILE HOLDING BRICK ABOVE WATER. MINIMUM OF 4 ENROLLEES REQUIRED FOR COURSE TO BE HELD.

REGISTRATION: 425.885.5566 | MORE INFO: (425) 861-6274 | [AQUATICSINFO@PROCLUB.COM](mailto:AQUATICSINFO@PROCLUB.COM) | [PROCLUB.COM](http://PROCLUB.COM)  
AGES 15 AND OLDER. PRICES DO NOT INCLUDE SALES TAX. REGISTRATION DEADLINE IS ONE-WEEK PRIOR TO THE PROGRAM START DATE.