



Aquatics Courses

2011-2012

To register, please see class information below.

Lifeguarding (r.06)

Cost Varies by Facility

This course is designed to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries.

Prerequisites:

1) Minimum age of 15 2) Swim 300 yards continuously 3) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Certification Requirements

1) Attend all class sessions 2) Demonstrate competency in all required skills and activities 3) Demonstrate competency in the three final skill scenarios 4) Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Course Length: Approx 32 hours

Certifications Received: CPR/AED for Lifeguards (valid 2 years) Lifeguarding/First Aid (valid 3 years)

Dates*	Start Time*	End Time*	Location
Saturday, March 10	8:00am	4:00pm	This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. Madison College Pool 3550 Anderson Street Madison, Wisconsin 53704. Cost is \$200. For additional information please contact Pool Coordinator, at pool@madisoncollege.org or call (608) 245.2115.
Sunday, March 11	8:00am	4:00pm	
Saturday, March 17	8:00am	4:00pm	
Sunday, March 18	8:00am	4:00pm	
* dates and times subject to change			
Wednesday, March 14	4:30pm	9:30pm	This course will be held at Prairie Athletic Club, and is open to the public. The class sign up can be accessed through this link: https://www.prairieathletic.com/AdultPrograms/AmericanRedCrossCourses/tafid/924/Default.aspx
Saturday, March 17	8:30am	5:30pm	
Wednesday, March 21	4:30pm	9:30pm	
Saturday, March 24	8:30am	5:30pm	
Tuesday, March 27	4:30pm	9:30pm	
* dates and times subject to change			
Thursday, March 15	5:00pm	9:00pm	Whitewater Aquatic & Fitness Center. Cost is \$250 (participants who bring a e-reader or computer to access manual receive a \$25.00 discount). Candidates can be certified in CPR/AED for Professional Rescuer, Lifeguarding, Waterfront & Waterpark Lifeguarding and First Aid with the successful completion of the written and physical skills test. Prerequisites: Students must be 15 years of age by the last day of the class, 550 yards continuous swim, retrieve a 10 pound brick from a depth of 10 feet, and swim 20 with both hands on the brick. Attend all class Sessions.
Friday, March 16	5:00pm	9:00pm	
Saturday, March 17	8:00am	5:00pm	
Sunday, March 18	8:00am	5:00pm	
Monday, March 19	5:00pm	9:00pm	
* dates and times subject to change			
Saturday, March 17	8:00am	4:00pm	This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. YMCA of Dane County -NE, 1470 Don Simon Dr., Sun Prairie, WI 53590. Cost is \$225. Participants must attend ALL class sessions - Sorry, no exceptions. To register online go to: www.ymcadaneconomy.org
Sunday, March 18	8:00am	4:00pm	
Saturday, March 24	8:00am	4:00pm	
Sunday, March 25	8:00am	4:00pm	
* dates and times subject to change			
Friday, March 30	5:00pm	9:00pm	This course will be held at Prairie Athletic Club, and is open to the public. The class sign up can be accessed through this link: https://www.prairieathletic.com/AdultPrograms/AmericanRedCrossCourses/tafid/924/Default.aspx
Saturday, March 31	8:30am	5:30pm	
Sunday, April 1	8:30am	5:30pm	
Monday, April 2	8:30am	5:30pm	
Tuesday, April 3	8:30am	5:30pm	
* dates and times subject to change			
Monday, April 2	8:30am	2:00pm	This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. UW-Madison Natatorium, 2000 Observatory Drive, Madison, WI. Cost is \$250. Call Bonnie Griswold with questions at 608-262-6555. To register, stop by the Natatorium front desk during open hours, or call Whitney Thuecks at 608-262-8809
Tuesday, April 3	8:30am	2:00pm	
Wednesday, April 4	8:30am	2:00pm	
Thursday, April 5	8:30am	2:00pm	
Friday, April 6	8:30am	2:00pm	
* dates and times subject to change			
Thursday, April 26	5:00pm	9:00pm	Whitewater Aquatic & Fitness Center. Cost is \$250 (participants who bring a e-reader or computer to access manual receive a \$25.00 discount). Candidates can be certified in CPR/AED for Professional Rescuer, Lifeguarding, Waterfront & Waterpark Lifeguarding and First Aid with the successful completion of the written and physical skills test. Prerequisites: Students must be 15 years of age by the last day of the class, 550 yards continuous swim, retrieve a 10 pound brick from a depth of 10 feet, and swim 20 with both hands on the brick. Attend all class Sessions.
Friday, April 27	5:00pm	9:00pm	
Saturday, April 28	8:00am	5:00pm	
Sunday, April 29	8:00am	5:00pm	
Monday, April 30	5:00pm	9:00pm	
* dates and times subject to change			
Saturday, April 28	8:00am	5:00pm	This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. YMCA of Dane County, Lussier Family East Branch, 711 Cottage Grove Road, Madison WI 53716. Cost is \$225. Please call 608-221-1571 to register by phone, or visit www.ymcadaneconomy.org to register online. Participants must attend ALL class sessions - Sorry, no exceptions.
Sunday, April 29	8:00am	4:00pm	
Saturday, May 5	8:00am	4:00pm	
Sunday, May 6	8:00am	4:00pm	
* dates and times subject to change			
Monday, May 14	5:00pm	9:30pm	This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. UW-Madison Natatorium, 2000 Observatory Drive, Madison, WI. Cost is \$250. Call Bonnie Griswold with questions at 608-262-6555. To register, stop by the Natatorium front desk during open hours, or call Whitney Thuecks at 608-262-8809
Tuesday, May 15	5:00pm	9:30pm	
Wednesday, May 16	5:00pm	9:30pm	
Monday, May 21	5:00pm	9:30pm	
Tuesday, May 22	5:00pm	9:30pm	
Wednesday, May 23	5:00pm	9:30pm	
* dates and times subject to change			
Thursday, May 17	5:00pm	9:00pm	Whitewater Aquatic & Fitness Center. Cost is \$250 (participants who bring a e-reader or computer to access manual receive a \$25.00 discount). Candidates can be certified in CPR/AED for Professional Rescuer, Lifeguarding, Waterfront & Waterpark Lifeguarding and First Aid with the successful completion of the written and physical skills test. Prerequisites: Students must be 15 years of age by the last day of the class, 550 yards continuous swim, retrieve a 10 pound brick from a depth of 10 feet, and swim 20 with both hands on the brick. Attend all class Sessions.
Friday, May 18	5:00pm	9:00pm	
Saturday, May 19	8:00am	5:00pm	
Sunday, May 20	8:00am	5:00pm	
Monday, May 21	5:00pm	9:00pm	
* dates and times subject to change			

Wednesday, June 13
Thursday, June 14
Friday, June 15
Sunday, June 18

9:00am 4:00pm
9:00am 4:00pm
9:00am 4:00pm
9:00am 4:00pm

This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. YMCA of Dane County, Lussier Family East Branch, 711 Cottage Grove Road, Madison WI 53716. Cost is \$225. Please call 608-221-1571 to register by phone, or visit www.ymcadanecounty.org to register online. Participants must attend ALL class sessions - Sorry, no exceptions.

*** dates and times subject to change**

Tuesday, June 12
Wednesday, June 13
Thursday, June 14
Friday, June 15

9:00am 4:00pm
9:00am 4:00pm
9:00am 4:00pm
9:00am 4:00pm

This course will be taught with the Lifeguarding 2012 curriculum. Prerequisites may be slightly different than what is listed above. UW-Madison Natatorium, 2000 Observatory Drive, Madison, WI. Cost is \$250. Call Bonnie Griswold with questions at 608-262-6555. To register, stop by the Natatorium front desk during open hours, or call Whitney Thuecks at 608-262-8809

*** dates and times subject to change**

Lifeguarding (r.06) Review**Cost Varies by Facility**

The purpose of a review course is to give individuals the opportunity to review the course content within a formal class setting. To be eligible the participant must have successfully completed an American Red Cross Lifeguarding course within the last 4 years and CPR/AED for the Professional Rescuer course within the last 2 years.

Prerequisites:

1) Minimum age of 15 2) Swim 300 yards continuously 3) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Certification Requirements

1) Attend all class sessions 2) Demonstrate competency in all required skills and activities 3) Demonstrate competency in the three final skill scenarios 4) Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Course Length: Approx 18 hours**Certifications Received:** CPR/AED for Lifeguards (valid 2 years) Lifeguarding/First Aid (valid 3 years)

Dates*	Start Time*	End Time*	Location
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***NONE SCHEDULED AT THIS TIME

Lifeguarding (r.06) Challenge**Cost Varies by Facility**

The purpose of a challenge is to give individuals the opportunity to demonstrate knowledge and skill competency outside a full-course setting. Participants have SOLE responsibility to prepare for the skill and written evaluations. Anyone is eligible to participate in a challenge. Individuals who hold a current Lifeguarding/First Aid and CPR/AED for the Profess. Rescuer certificate may challenge as often as needed as long as their certification remains valid. Individuals who do NOT hold a current Lifeguarding/First Aid and CPR/AED for the Profess. Rescuer certificate may participate in a challenge ONLY ONCE. If they do not pass, they will need to reschedule in a FULL Lifeguarding course. They will not be allowed to challenge again.

Prerequisites:

1) Minimum age of 15 2) Swim 300 yards continuously 3) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Certification Requirements

1) Attend all class sessions 2) Demonstrate competency in all required skills and activities 3) Demonstrate competency in the three final skill scenarios 4) Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Course Length: Approx 6 - 8 hours**Certifications Received:** CPR/AED for Lifeguards (valid 2 years) Lifeguarding/First Aid (valid 3 years)

Dates*	Start Time*	End Time*	Location
Tuesday, December 27	8:00am	4:00pm	Whitewater Aquatics Center. Cost is \$50. Participants will need to bring: Suitsuit, paper and pencil, swimsuit and towel, dry clothes to wear home, current certification cards and pocket mask. Participants will need a valid Lifeguarding/First Aid and CPR/AED for the Professional Rescuer (CPR/AED for Lifeguard) cards. Instructors will be Mary Berg and Irene Schuder. To register visit www.whitewateraquatic.com or contact 262-473-4900.
Wednesday, January 4	9:00am	5:00pm	UW Madison Natatorium. Cost is \$65. Participants will need to bring: Sweat suit, paper and pencil, swimsuit and towel, dry clothes to wear home, current certification cards and pocket mask. Participants will need a valid Lifeguarding/First Aid and CPR/AED for the Professional Rescuer (CPR/AED for Lifeguard) cards. Instructors will be Bonnie Griswold and Zac Smith. To register email bgriswold@recsports.wisc.edu or call 608-265-6222.

Water Safety Instructor (WSI) (r.09) Course**Cost: Varies by Facility**

This course trains participants to teach water safety, including the Basic Water Rescue course, Longfellow's WHALE Tales, six levels of the Learn to Swim and Parent and Child Aquatics.

Prerequisites:

1) Be at least 16 years of age by the last scheduled session of the instructor course.
 2) Swim the following strokes: Front crawl—25 yards; Back crawl—25 yards; Breaststroke—25 yards; Elementary backstroke—25 yards; sidestroke—25 yards; Butterfly—15 yards.
 3) Maintain position on back 1 minute in deep water (floating or sculling) and tread water for 1 minute.

Certification Requirements

1) Complete all reading assignments 2) Attend all class sessions 3) Participate in all activities 4) Successfully complete all practice-teaching assignments 4) Pass the final written exam with a minimum grade of 80 percent (40 correct answers out of 50 questions); and demonstrate maturity and responsibility throughout the course.

Dates*	Day*	Start Time*	End Time*	Training Center
April 12	Thursday	5:00pm	9:00pm	Whitewater Aquatic & Fitness Center. Cost is \$225. The purpose of this course is to train instructor candidates to teach American Red Cross Swimming and Water Safety Courses. This includes: Learn to Swim Programs Level 1-6, Infant and Pre-School Aquatics, Community Water Safety, and Basic Water Safety. Participants must be 16 years of age by the end of the course, and successful completion of a pre-course swimming test of 500 yards.
April 13	Friday	5:00pm	9:00pm	
April 14	Saturday	8:00am	5:00pm	
April 15	Sunday	8:00am	5:00pm	
April 20	Friday	5:00pm	9:00pm	UW Madison Natatorium, 2000 Observatory Drive, Madison WI. Cost is \$300. For course questions contact Bonnie Griswold at 608-262-6555. To register stop in at the Natatorium front desk during open hours, or contact Whitney Theucks at 608-262-8809.
April 21	Saturday	9:00am	4:00pm	
April 22	Sunday	9:00am	4:00pm	
April 27	Friday	5:00pm	9:00pm	
April 28	Saturday	9:00am	4:00pm	
April 29	Sunday	9:00am	4:00pm	
May 11	Friday	5:00pm	9:00pm	UW Madison Natatorium, 2000 Observatory Drive, Madison WI. Cost is \$300. For course questions contact Bonnie Griswold at 608-262-6555. To register stop in at the Natatorium front desk during open hours, or contact Whitney Theucks at 608-262-8809.
May 12	Saturday	9:00am	4:00pm	
May 13	Sunday	9:00am	4:00pm	
May 18	Friday	5:00pm	9:00pm	
May 19	Saturday	9:00am	4:00pm	
May 20	Sunday	9:00am	4:00pm	
June 1	Friday	5:00pm	9:00pm	UW Madison Natatorium, 2000 Observatory Drive, Madison WI. Cost is \$300. For course questions contact Bonnie Griswold at 608-262-6555. To register stop in at the Natatorium front desk during open hours, or contact Whitney Theucks at 608-262-8809.
June 2	Saturday	9:00am	4:00pm	
June 3	Sunday	9:00am	4:00pm	
June 8	Friday	5:00pm	9:00pm	
June 9	Saturday	9:00am	4:00pm	
June 10	Sunday	9:00am	4:00pm	
June 7	Thursday	5:00pm	9:00pm	Whitewater Aquatic & Fitness Center. Cost is \$225. The purpose of this course is to train instructor candidates to teach American Red Cross Swimming and Water Safety Courses. This includes: Learn to Swim Programs Level 1-6, Infant and Pre-School Aquatics, Community Water Safety, and Basic Water Safety. Participants must be 16 years of age by the end of the course, and successful completion of a pre-course swimming test of 500 yards.
June 8	Friday	5:00pm	9:00pm	
June 9	Saturday	8:00am	5:00pm	
June 10	Sunday	8:00am	5:00pm	

Lifeguarding Instructor Course

Cost: Varies by Facility

This course trains instructor candidates to teach basic-level Lifeguarding, Waterfront Lifeguarding*, Waterpark Lifeguarding* and Shallow Water Attendant (all including first aid), Lifeguard Management, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Instructor candidates will also become familiar with GuardStart: Lifeguarding Tomorrow and the Water Safety presentations. The training prepares instructor candidates by developing their understanding of how to use the course materials and methods, how to conduct training sessions and how to evaluate participants' progress.

Pre-requisites: Must be at least 17 years of age on or before course completion date and complete the pre-course session (written exam and skills). **New policy states that Lifeguarding Instructor Candidates must be currently certified as Lifeguards or have expired by no more than 12 months to be able to take the pre-course session.**

Certification Requirements:

- 1) Successfully complete the pre-course session
- 2) Attend and actively participate all class sessions,
- 3) Successfully complete class activities, including the required practice-teaching assignments
- 4) Score at least 80 percent on the Lifeguarding Instructor Course final written exam
- 5) Complete the Bloodborne Pathogens Training Self-Study/Pretest
- 6) Score at least 80 percent on the basic-level administering Emergency Oxygen final written exam.

Course Length: Approx 30 hours

Certifications Received: Lifeguard Instructor (valid 2 years), Fundamentals of Instructor Training (FIT) (no expiration).

*Lifeguarding instructors can become Waterfront Lifeguarding or Waterpark Lifeguarding instructors by possessing a basic-level certificate in the appropriate course and orienting to the corresponding content in the American Red Cross Lifeguarding Instructor's Manual with CD-ROM and Lifeguarding DVD Set. The local Red Cross chapter will issue a new Health and Safety Services Instructor Authorization Certificate indicating either Lifeguarding/Waterfront or Lifeguarding/Waterpark, as appropriate. Once authorized as a Waterfront or Waterpark Lifeguarding instructor, an instructor is not required to maintain a basic-level certificate.

Date*	Day*	Start Time*	End Time*	Training Center
May 4	Friday	4:30pm	8:30pm	UW Madison Natatorium , 2000 Observatory Drive, Madison WI. Cost is \$300. For course questions contact Bonnie Griswold at 608-262-6555. To register stop in at the Natatorium front desk during open hours, or contact Whitney Thuecks at 608-262-8809.
May 5	Saturday	9:00am	5:00pm	
May 6	Sunday	9:00am	5:00pm	
May 12	Saturday	8:00am	2:00pm	Whitewater Aquatics & Fitness Center . Cost is \$300. This class trains instructor candidates to teach Lifeguard Training (including First Aid), CPR/AED for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety and Basic Water Rescue. The training prepares instructor candidates by developing their understanding of how to use the course materials and methods, how to conduct training sessions and how to evaluate participant progress. Prerequisites: Be a certified Lifeguard at least 17 years of age by the last scheduled session of the instructor course. Pass each section of the pre-course written exam with a score 80 percent and demonstrate competency in the skills evaluation of Lifeguarding skills.
May 17	Thursday	5:00pm	9:00pm	
May 18	Friday	5:00pm	9:00pm	
May 19	Saturday	8:00am	5:00pm	
May 20	Sunday	8:00am	5:00pm	
May 21	Monday	5:00pm	9:00pm	

GuardStart

American Red Cross GuardStart: Lifeguarding Tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses.

Prerequisites: 1) Swim the front crawl for 25 yards continuously while breathing to the front or side. 2)Tread water for 1 minute using arms and legs. 3)Submerge and swim a distance of 10 feet underwater.

Learning Objectives

Prevention 1)Learn about the causes and ways to prevent drowning and diving accidents. 2)Learn how to supervise others around the water. 3)Learn how to recognize when someone is in trouble.

Fitness 1)Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.

Response 1) Demonstrate, with prompting, how to perform self-rescue. 2)Demonstrate, with prompting, how to assist others in trouble in the water.

Leadership 1)Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.

Professionalism 1)Learn how to search and apply for a job and prepare for an interview. 2)Understand the importance of providing quality customer service.

Course Length: Varies

Certifications Received: Guard start

Dates*	Start Time*	End Time*	Location
***NONE SCHEDULED AT THIS TIME			