

# American Red Cross Health and Safety Courses

Registration begins upon receipt of catalog

## American Red Cross Lifeguard Training (10–12 sessions)

Resident Fee: \$386 \*  
Non-resident Fee: \$436\*

Class size:  
3–6 participants

\* Fee includes book and materials

This course is designed to provide the basic skills of the American Red Cross Lifeguarding/Waterfront course. Upon successful completion, participants may earn the following certifications: Lifeguard Training/Waterfront Lifeguarding/First Aid, CPR for the Professional Rescuer/AED. A lunch break is included each day of class. **Participants must be at least 15 years of age (bring proof of age to first class session); be prepared to swim during each class and they must attend all sessions.**

Code	Date	Time
AQW-151	Sunday, Dec. 18 - Friday, Dec. 23	9am–6pm Daily
AQS-152	Sunday, March 25 - Friday, March 30	9am–6pm Daily
AQX-153	Sunday, June 3 - Saturday, June 9 No class Mon. June 4	9am–6pm Daily

A prerequisite skill assessment will be administered during the first session. The skill test includes: a) Starting in the water, swim 20 yds, retrieve a brick, and swim back to the start, exiting the pool at side (not ladder) in under 1 minute 40 seconds; b) complete up to a 550 yd swim: front crawl and breast stroke, sidestroke, elementary backstroke; c) tread water without using hands/arms for 2 minutes; d) complete a 20 yard underwater swim with ring retrieval. If any participant fails the skill assessment, a full refund will be issued. Dates/times are subject to change based on program needs and space availability.

## American Red Cross CPR for Professional Rescuer/AED Challenge

Resident Fee: \$88  
Non-resident Fee: \$138

Participant should bring his/her current textbook

This one day session is for individuals with any current American Heart Association, Health Care Provider or American Red Cross CPR for the Professional Rescuer certification who needs to renew an expiring certification. If there are new materials for testing participants will get an update but they must pass all written exams, and skill tests for recertification. **This class is NOT for individuals with EXPIRED credentials.** Class length varies with class size.

Code	Date	Time
AQF-190	Saturday, Sept. 17	1 pm-4 pm
AQF-191	Saturday, Oct. 15	1 pm-4 pm
AQF-192	Saturday, Nov. 19	1 pm-4 pm
AQF-193	Saturday, Dec. 10	1 pm-4 pm
AQW-194	Saturday, Jan. 21	1 pm-4 pm
AQW-195	Saturday, Feb. 4	1 pm-4 pm
AQW-196	Saturday, March 10	1 pm-4 pm

## American Red Cross Lifeguard Training Challenge

Resident Fee: \$176  
Non-resident Fee: \$226

Class size:  
3–6 participants

Participant should bring his/her current textbook

This course is intended for **currently certified lifeguards seeking recertification of ALL of their required skills (water rescues, first aid, and CPRPR/AED).** *If a lifeguard only needs to recertify CPRPR/AED ONLY then register for the class listed above.* In this class, students may learn up-to-date information and skills required for recertification. Participants are expected to read the **newest** Lifeguard Training text prior to class; perform rescue skills in first aid, CPR for the Professional Rescuer, AED and Lifeguard/Waterfront training; pass the written examinations; and the prerequisite skill tests from the Lifeguard/Waterfront Training class (*listed above under the Lifeguard Training course description*). Class length varies based on class size.

Code	Date	Time
AQF-190L	Saturday, Sept. 17	1 pm–7 pm
AQF-191L	Saturday, Oct. 15	1 pm–7 pm
AQF-192L	Saturday, Nov. 19	1 pm–7 pm
AQF-193L	Saturday, Dec. 10	1 pm–7 pm
AQW-194L	Saturday, Jan. 21	1 pm–7 pm
AQW-195L	Saturday, Feb. 4	1 pm–7 pm
AQW-196L	Saturday, March 10	1 pm–7 pm

# American Red Cross Health and Safety Courses/PADI Courses

Registration begins upon receipt of catalog

Water Safety Instructor  
(10-12 sessions)

Resident Fee: \$445 \*  
Non-Resident Fee: \$495 \*

\*Fee includes book and materials

Minimum Class Size: 6

This Course is designed to provide potential swim instructors with the basic knowledge to teach American Red Cross Swimming and Water Safety Courses. Participants can earn certification upon successful completion of this course. The fundamentals of Instructor Training Course is included in this class. Please come prepared to swim daily. A meal break is included each day of class. **Must be 16 years old before the end of this class and must attend all sessions.**

Code	Date	Time
AQF—180	Sundays, Sept. 25—Nov.13 No Class Oct. 9 & 30	1 pm—9 pm
AQW—181	Sundays, January 29— March 18 No class February 19 & 26	1 pm—9 pm

A prerequisite swimming skill test is required for this course (25 yards each of front crawl, back stroke, breast stroke, elementary backstroke, sidestroke, and 15 yards of butterfly), 1 minute stationary back float and 1 minute of treading water. If participant fails the prerequisite test, a full refund for the course will be issued. Dates/times are subject to change based on program needs.

**PADI Scuba Diving Snorkeling and Discovering Scuba Courses are offered by Chicago Diving Schools (CDS) and Frogg Pond Dive Shop. The PADI Instructors are Mike Ginter and Jack Donoval. To register for these courses or for more information, please contact the Frogg Pond Dive Shop at 847-432-5055 or [classes@chicagodivingschools.com](mailto:classes@chicagodivingschools.com). LFHS does not register students for these classes. Further Scuba certifications and specialties are available.**

**PADI Scuba Diving Class**  
(3 pool sessions)

Resident Fee: \$159\*  
Non Resident Fee: 209 \*

\*Requires additional purchase of on-line classroom training (\$120), classroom materials,(\$51.20 plus tax). Each student must have their own mask, fins, and snorkel.

From exploring the teeming reefs in the warm waters of the Caribbean to the historic shipwrecks of the Great Lakes, this class puts you well on your way to a lifetime of adventure. Completion of this course meets the requirements for the classroom learning and the pool skills instruction portions of a PADI Open Water certification. After completing this course, you will need to separately schedule the Open Water training portion of the certification, usually completed in one weekend across two days.

Date	Time
Tuesdays, Oct. 4, 11, 18	7:30pm—9:30pm
Tuesdays, Nov. 22, Dec. 6, 13	7:30pm—9:30 pm
Tuesdays, Jan. 10, 17, 24	7:30pm—9:30 pm
Tuesdays, Feb. 7, 21, 28	7:30pm—9:30 pm
Saturdays, March 3, 10, 17	6:30pm—8:30 pm

**Requirements:** minimum age 10; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. We recommend you do NOT purchase new mask,

**PADI Snorkeling**  
(only 1 pool session)  
Resident Fee: \$39\*  
Non Resident Fee: \$49\*

**PADI Discovering Scuba**  
(only 1 pool session)  
Resident Fee: \$49\*  
Non Resident Fee: \$59\*

**Snorkeling** Make the most of your next sun and surf getaway by honing and practicing your snorkeling skills with dive professionals. Skills covered include: selecting snorkel equipment, using and clearing your snorkel, mask equalization, surface dives, and maximizing your dive time with a snorkel.

**Discovering Scuba** Have you ever had an interest in Scuba Diving and you're looking for an opportunity to give it a try? This class is for you! For your diving experience you will only need to bring your swimming suit and towel, all other equipment will be provided along with a professional team of PADI Instructors and Dive Masters. Dates and times are the same as the above dates for the Snorkeling Class.

Date	Time
Tuesday, Oct. 4	7:30 pm—9:30 pm
Tuesday, Nov. 22	7:30 pm—9:30 pm
Tuesday, Jan. 10	7:30 pm—9:30 pm
Tuesday, Feb. 7	7:30 pm—9:30 pm
Saturday, March 3	6:30 pm—8:30 pm

**Requirements for both Snorkeling and Discovering Scuba:** minimum age 8; ability to swim 200 yards and tread water for 10 minutes; completed medical statement and release forms. Skills instruction only, no certification is issued.

\* All materials and equipment provided.