



757swim Aquatic Center
5720 Warhill Trail
Williamsburg, VA 23188



American
Red Cross

LIFEGUARD CERTIFICATION CLASS

GET CERTIFIED IN ONE DAY

A hybrid approach with self-paced online learning and one day in-person water assessment. The class includes CPR/First Aid/AED Certifications.

Cost:

Lifeguard Certification Class: \$325

Lifeguard Recertification Class: \$225

Requirements

- Must be 15 years old
- Must be able to swim 300 yards and tread water for 2 minutes
- Completion of online portion before day of water assessment

Dates of swimming test and in-person water assessment (choose 1):

Feb 3/4, March 10/11, May 5/6, June 2/3

Approximately 6 hours

Friday Swimming Tests: 4:30-5:00 pm

Saturday In-Person Assessment: 9:00-3:00 pm

Lifeguard Recertification Classes

April 29

- Lifeguard Certification may not be more than 30 days expired.

We also offer certifications for CPR, First Aid or AED training only.

If interested, please email payments@757swim.com to register for classes.



Lifeguard Recertification Test

BM King

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlaid on a red-to-white gradient semi-circle.

Lifeguard Recertification Test:

Lifeguard Training Activities and Games Susan J. Grosse, 2009-07-09 *Lifeguard Training Activities and Games* is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site specific on the job training for lifeguards The compilation of games skill drills activities and guidance enhances training and conditioning of lifeguards and creates a high performing staff Throughout the book the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill Each activity is short enough to be part of an in service or class warm up session Most have variations allowing for continued challenges of participants performances through increasing levels of difficulty The drills games and activities improve lifeguards general aquatic skills and physical fitness surveillance emergency response and rescue skills and teamwork and problem solving skills With this knowledge and training you will be able to develop and maintain a high performing lifeguard staff Certification as a lifeguard is the first step in the overall training process The real training begins on the job and the responsibility for that training is left to the aquatics manager or lifeguard supervisor *Lifeguard Training Activities and Games* makes that training fun engaging meaningful and practical

[American Red Cross Lifeguard Exam](#) Educational Testing Group, 2018-04-09 This practice test includes 140 multiple choice test questions about American Red Cross Lifeguard Exam The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions THREE main topics LIFEGUARDING and WATER SKILLS are covered in this test Lifeguarding questions focus on 9642 Lifeguarding Skills 9642 Professional Rescuer and First Aid Water Skills questions focus on 9642 Basic Water Rescue 9642 Waterfront Skills 9642 Waterpark Skills 9642 Shallow Water Lifeguarding Skills

Lifeguarding For Dummies Cary Epstein, Cameron DeGuzman, 2023-04-13 Save lives earn money stay in shape and have fun as a lifeguard *Lifeguarding For Dummies* will give you insight into what it takes to be a lifeguard and how to train and prepare to be a lifesaver Lifeguarding is a fun challenging and rewarding job that gives you the unique ability to provide your community with a safe place to swim It also requires quick decision making and provides you with valuable lifelong skills such as CPR and first aid leadership strong communication and teamwork This book walks you through the process of training preparing for certification and finding a job as a lifeguard Good lifeguards are in high demand right now check out this great job with the help of *Dummies* Learn about the essential skills that are needed to become a lifeguard Decide whether lifeguarding is the right job for you Understand the basic types of lifeguarding jobs and how to get certified Try fun swimming workouts to get you prepared for lifeguarding tests This fun book is perfect for anyone who wants to explore the possibility of becoming a lifeguard gain some basic knowledge and prep for tests and learn about the lifestyle of the lifeguarding community

National Pool and

Waterpark Lifeguard Training National Safety Council,2000-12 This text presents lifeguarding skills that participants will learn in Ellis Associates National Pool and Waterpark Lifeguard Training Program integrating CPR first aid AED and oxygen administration into one curriculum Step by step instructions and guidelines are given for rescuing drowning **Lifeguards of San Diego County** Michael T. Martino,2007 Lifeguards of San Diego County traces the origins of the nine professional lifeguard agencies that serve the public swimming diving and boating along the shorelines of San Diego County Sporadic lifeguard service existed as early as 1906 but on a single day in 1918 thirteen people drowned at Ocean Beach The drownings focused community and government attention on the need for consistent lifeguard services along San Diego County s beaches Today there are more than 600 lifeguards from city and state agencies that serve San Diegans throughout the county Here for the first time the origins experiences and stories of these dedicated and most often heroic people are woven together into one volume *Professional Lifeguard Textbook* American Red Cross,1994-10 **The Massachusetts Register** ,2017-05-05 **Lifeguard Training: Principles and Administration** Conference for National Cooperation in Aquatics,1964 **150 Great Tech Prep Careers** ,2009 Profiles 150 careers that do not require a four year college degree and provides job descriptions requirements and information on employers advancement earnings work environment outlook for the field and other related topics *ALL+ 2020* 7 *No.188*[] LiveABC,2020-06-15 ALL The Best Salad in the World It s a Toss Up Molly Leonard 7 20 There is so much more to salad than pieces of iceberg lettuce mixed with bottled dressing Whether as a side dish or a main meal salads can be satisfying creative and delicious Here are a few of our favorites Caesar salad You might think of the ancient Roman emperor when you hear Caesar salad but this dish was actually named after its inventor Italian American chef Caesar Cardini Cardini created this delicious dish on the fly one night in 1924 when his restaurant had so many customers that he was running out of food The salad itself consists of nothing more than romaine lettuce and croutons It s the original dressing a mix of Parmesan cheese lemon juice olive oil mustard and other ingredients which gives it its flavor Cobb salad Legend has it that this dish first saw the light of day at Hollywood s famous Brown Derby Restaurant in the 1930s The restaurant s owner Robert Howard Cobb supposedly made it at night when he hadn t had time to eat Using anything he could find in the restaurant s kitchen Cobb created a classic a combination of chicken bacon avocado cheese and eggs on a bed of lettuce dressed in a red wine vinaigrette dressing Brown Derby 7 21 Rosolli This traditional Finnish Christmas salad is made with beets potatoes carrots onions apples and pickled cucumbers Everything is cut into small pieces and mixed together with a sweet and sour sauce of heavy cream vinegar and sugar Gado gado Gado gado which means mix mix is the perfect way to describe this tasty Indonesian salad It s loaded with ingredients steamed vegetables tofu potatoes string beans eggs and others The whole thing is then coated in a mouthwatering peanut sauce Nicoise salad This salad has its origins in the city of Nice France Made with tuna anchovies and olives in addition to potatoes green beans and hard boiled eggs it s the perfect expression of Mediterranean flavors With this salad presentation matters it

s often not tossed but carefully composed so that it looks as good as it tastes Tabbouleh It s found around the world but tabbouleh originated in the Middle East most likely in Lebanon It consists of a grain called bulgur mixed with cucumbers tomatoes and lots of mint and parsley The dressing is a simple mix of lemon juice olive oil salt and pepper The possibilities for making salads are endless In fact you could create your own and name it after yourself Who knows maybe it ll catch on and become everyone s favorite gado gado mix mix News Report COVID 19 Grows from Wuhan Outbreak to Global Pandemic Sports Everything You Didn t Know about the Olympics Literature The Signal Man Plus Talk Going to the Library 1 Applying for a Library Card 2 Placing a Hold 3 Borrowing Multimedia Resources 4 Dealing with Overdue Books Life First Aid Make Sure It Aids Not Ails People Lana Condor Living the Dream and Keeping It Real Writing Translation Practice CNN News 38 Queen Elizabeth II Gives Coronavirus Speech Foods The Best Salad in the World It s a Toss Up Reading Skill The Unbreakable Blockchain N Dialogue Focus Lifeguarding and Having Fun on the Water Making the Most of Your Summer Vacation Technology The Doctor Is in a Computer Travel Ancient Cities Seas of Sand Topic Writing Get Your Screen Time Under Control **Swimming Pool Management Manual** ,1993 **Parks & Recreation** ,1965 *On the Guard* D. I. Forsten, Marjorie M. Murphy, 1986 Alert Lifesaving Society, 1993 **Sources** ,1991 **Specialty Occupational Outlook** Joyce Jakubiak, 1996 A guide to trade and technical occupations this text offers information on 150 high interest careers that do not require a bachelor s degree and do not appear in its sister volume Professions *News and Views* California. Department of Parks and Recreation, 1989 **Cornell University Courses of Study** Cornell University, 2004 Directory of Selected National Testing Programs Educational Testing Service. Test Collection, 1987 **Schedule of Classes** University of California, San Diego, 1991

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mélangez avec un fouet couvrez et laissez reposer pendant environ 40 minutes

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