

Advanced Aquatics Training



Lifeguard Certification

Learn lifesaving skills to help keep people safe in, on, and around the water. The Lifeguard Certification course is an American Red Cross certificate program. The course consists of classroom time as well as hands-on learning in the pool. Upon successful completion of the course, participants will hold an American Red Cross certification in lifeguarding, with the ability to be employed in the aquatics field. Participants must be at least 15 years of age and attend all meeting dates. Classes utilize the blended learning format, requiring 8-10 hours of online course work prior to in-person class meetings.

9646	March 5 & 6	8:30 a.m.-5:00 p.m.	\$215	Winona State University, Memorial Pool
9647	March 19 & 20	8:30 a.m.-5:00 p.m.	\$215	Winona State University, Memorial Pool
9648	April 9 & 10	8:30 a.m.-5:00 p.m.	\$215	Winona State University, Memorial Pool

Lifeguard Re-Certification

American Red Cross Program designed to review participant's knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

9650	May 21	8:00 a.m.-2:00 p.m.	\$65	Winona Middle School Pool
------	--------	---------------------	------	---------------------------

Water Safety Instructor

Participants will be trained to teach water safety, including the American Red Cross Learn to Swim program. Participants must demonstrate maturity and responsibility throughout the course. The course consists of 3 days of classroom time and hands on learning in the pool. Upon successful completion of the course, participants will hold an American Red Cross certification in Water Safety Instruction, with the ability to be employed in the aquatics field. Participants must be at least 16 years of age and attend all meeting dates.

9649	April 30 & May 1	8:00 a.m.-5:00 p.m.	\$215	Winona State University, Memorial Pool
------	------------------	---------------------	-------	--

**Register for courses online by visiting www.cityofwinona.com,
or by visiting the Park & Rec office at 207 Lafayette Street, Room 105.
Questions? Give us a call at (507) 457-8258
or email us at recreation@ci.winona.mn.us.**