



American Red Cross Lifeguarding



and recertification courses at Steel Fitness Premier

Steel Fitness Premier is proud to announce the following Red Cross Course schedule; any questions should be directed to Mike Seip at mseip@sfpremierhw.com. The courses are available to both SFP members and non-members. The sessions will check-in at the SFP Front Desk. The front desk will direct you to the location of the session.

ALL LIFEGUARDING CLASSES ARE OFFERED ONLY AS BLENDED LEARNING COURSES.

What does that mean?

1. All the classroom work is done on-line by the student prior to the in water session(s).
2. The student prints a certificate of completion and brings it along on their registered in water session(s) date. **No-one may not participate without the completion certificate.**
3. The student will perform all skills both wet and dry during the water session(s).
4. All the instructions and log-in information will be emailed to participants after registration is completed, including payment.
5. In pool session(s) are listed below.

Lifeguard Training Course Water Sessions

Session 1: Saturday 3/21, Sunday 3/22, Saturday 3/28, Sunday 3/29 - All session 3:00-6:00 PM

Session 2: Saturday 4/18, Sunday 4/19, Sunday 4/26 - All session 2:00-6:00 PM

Lifeguard Recertification Water Sessions

Session 3: 3/22 8:00 AM – 2:00 PM

Session 4: 4/25 10:00 AM – 4:00 PM

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