

# Lifeguarding Course Options in Pennsylvania

Effective January 2022

The following list has been compiled by the Early Childhood Education Linkage System (ECELS). Please note, ECELS has not reviewed the individual course curricula, but simply summarized the information available online.

## American Red Cross

PA Class Info: <https://www.redcross.org/take-a-class/lifeguarding/lifeguard-training/lifeguard-classes>

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Course Info:

- Traditional in-person classes -- Course length: 25 hours, 20 minutes
- Blended learning classes -- Course length: 19 hours, 30 minutes in-person and 7 hours 30 minutes online (Total - 27 hours)
- Cost: Price varies from \$60-\$400

## Ellis and Associates <https://jellis.com/>

PA Class Info: <https://jellis.com/classes/local-lifeguard-training>

E&A's International Lifeguard Training Program™ (ILTP®) is internationally recognized; compliant with national and international standards of care and best practices. Includes Health Care Provider level CPR, Emergency Oxygen Administration training, and First Aid, along with state-of-the-art rescue technique. The lifeguard course is presented as a specific course type, resulting in a corresponding credential/license upon successful completion. Course types include: Shallow water; Pool; Special Facilities with wave pools; Special Facilities with open water. Training will also include the confirmation of ability at specific depths associated with the training facility and/or the facility at which the lifeguard will eventually be employed. Student reference materials available in English, Spanish, Portuguese, Thai and simplified Chinese. Valid for one (1) year.

Course Info:

- Blended or leader-led options -- Course length: Approx. 20 hours
- Cost \$100-150
- Annual renewal required

## **Lifeguard-Pro**

PA Class info: <https://www.lifeguard-pro.org/pa-lifeguard-certification-courses>

Lifeguard-Pro is an internationally & nationally recognized Lifeguard, Water Safety Instructor, and CPR & First Aid certification agency. Licensed in all 50 states. All courses are set up as blended/hybrid (including “home study” and “in-person training” components).

Course info:

- Home Study course includes: lifeguard-shallow pool (max depth 5ft); lifeguard-swimming pool (max depth 12ft); AHA CPR-BLS for Healthcare Provider; AHA HeartSaver First Aid
- Course length: Est 24hrs to complete Home Study, PLUS 1-day in-person training
- Cost: Home study course (\$225) + in-person training session (\$225)
- NOTE: Instructor-Led Training Session requires participant to select location from list on website

## **American Aquatics and Safety Training**

PA Class Info: <https://lifeguardandsafetytraining.com/LifeguardTraining/Pennsylvania>

Nationally recognized, nonprofit that trains and certifies in Lifeguarding, Waterfront Lifeguarding, Junior Lifeguarding, Shallow Pool Lifeguarding, CPR/AED, CPR for Lifeguards, First Aid Emergency Oxygen,

Course info:

- Course includes American Aquatics & Safety Training 2-year Lifeguarding certification and American Aquatics & Safety Training 2-year First Aid and CPR/AED certification
- Offers in-person and blended learning options
- Course length: 26.5-hour lifeguarding (in person); blended = 7 hours online and 19.5 hours in-person
- Cost: not listed online