

2026 American Red Cross Course Schedule Guidelines

San Antonio Pool Management offers American Red Cross courses throughout the year for certification in Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. In these courses, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

Successful course completion requires **100% participation** in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. If you miss any classes, there are no make-ups. You must re-register and pay to attend another class.

Blended learning content must be completed prior to attending the class! After registering for a course, you must complete the required blended learning modules and print verification of completion to bring along to your first day of class. **Please note: the blended learning content takes approximately 7 hours to complete! Please plan ahead to complete it several days prior to attending! Working ahead will allow for time to resolve any technical issues you may have.**

Textbooks may be downloaded in advance from the American Red Cross Learning Center. Wifi is available at the San Antonio Pool Management office, but may not be available at all testing locations. Therefore, it is best to download it onto a device in advance rather than to stream it from the ARC site during class.

Pocket masks are provided as part of the course fee. New employees taking the full certification course will also receive a whistle, hip pack and company uniform t-shirt at the completion of the class.

Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing CPR on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and with an American Red Cross Lifeguard Instructor **BEFORE** you start this course.

Refund Policy

Once you have paid for the Lifeguard class you have reserved your spot in the class. When the first day of class has begun there will be **NO REFUNDS** for any reason. If the first day of class has not begun you may move your registration to another Lifeguarding class offered by San Antonio Pool Management in the same year. If you do not pass the prerequisite there will be **NO REFUNDS** for any reason. You must re-register for another class. We will allow you to repeat the course ONE time at no additional cost.

Current employees will be reimbursed for their deposit through their payroll check after successfully completing 40 hours of work with San Antonio Pool Management.

Certifications

Lifeguard Blended Learning Course:

American Red Cross Lifeguard Training certificate - valid for 2 years

American Red Cross First Aid - valid for 2 years

American Red Cross CPR/AED for the Professional Rescuer - valid for 2 years

Lifeguard Recertification ONLY Blended Learning Course:

****Must possess current certification or certification expired no less than 30 days!****

American Red Cross Lifeguard Training certificate - valid for 2 years

American Red Cross First Aid - valid for 2 years

American Red Cross CPR/AED for the Professional Rescuer - valid for 2 years

First Aid and CPR/AED for the Professional Rescuer Blended Learning Course:

American Red Cross First Aid - valid for 2 years

American Red Cross CPR/AED for the Professional Rescuer - valid for 2 years

Lifeguard Pre-Course Requirements

- You must be at least **15 years of age for Lifeguarding** before the last day of the training class to participate.
- **Swim-Tread-Swim Sequence** (enter pool, fully submerge, then swim 150 yards of freestyle or breaststroke, tread water without using your hands for 2 minutes, resume swimming for 50 yards of freestyle or breaststroke – this is not a timed event)
- **Brick Test** - Swim out 20 yards, surface dive 7ft – 10ft deep, retrieve a 10 pound weight from the bottom of the pool, return to the surface, and swim it back 20 yards to the start position. This objective is timed at 1 minute & 40 seconds.

The purpose of the swim is to demonstrate comfort in the water.

2026 American Red Cross Blended Learning Course Schedule

(Each course # is a full class - Class schedule subject to change. There must be a minimum of four (4) participants to hold a class. If there are less than 4, you will be contacted via phone. **All of our locations are outdoor, and we make every attempt to complete the course during the specified dates. If inclement weather prevents that, we will reschedule on the next available date that a majority of the attendees are available.**

Course #	Course Name	Days/Dates	Times	Locations	Costs
LG RCRT 1	<u>Lifeguarding Recertification</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Friday 3	Saturday 9 am – 8 pm	Saturday Forest Oaks Pool	\$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY \$170 Non-employees
LG RCRT 2	<u>Lifeguarding Recertification</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Monday 6	Sunday 9 am – 8 pm	Sunday Forest Oaks Pool	\$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY \$170 Non-employees
LG RCRT 3	<u>Lifeguarding Recertification</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Friday 24	Sunday 9 am – 8 pm	Sunday Forest Oaks Pool	\$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY \$170 Non-employees
LG RCRT 4	<u>Lifeguarding Recertification</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>May</u> Saturday 9	Sunday 9 am – 8 pm	Sunday Forest Oaks Pool	\$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY \$170 Non-employees
LG 1	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Saturday 11 Sunday 12	Saturday 8 am – 8 pm Sunday 8 am – 8 pm	Saturday Forest Oaks Pool Sunday San Antonio Pool Management Office	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 2	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Saturday 18 Sunday 19	Saturday 8 am – 8 pm Sunday 8 am – 8 pm	Saturday Forest Oaks Pool Sunday San Antonio Pool Management Office	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY



LG 3	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>April</u> Saturday 25 Sunday 26	Saturday 8 am – 8 pm Sunday 8 am – 8 pm	Saturday Forest Oaks Pool Sunday San Antonio Pool Management Office	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 4	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>May</u> Saturday 2 Sunday 3	Saturday 8 am – 8 pm Sunday 8 am – 8 pm	Saturday Forest Oaks Pool Sunday San Antonio Pool Management Office	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 5	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>May</u> Saturday 16 Sunday 17	Saturday 8 am – 8 pm Sunday 8 am – 8 pm	Saturday Forest Oaks Pool Sunday Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 6	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Wednesday 3 Thursday 4	Wednesday 8 am – 8 pm Thursday 8 am – 8 pm	Wednesday Forest Oaks Pool Thursday Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 7	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Wednesday 10 Thursday 11	Wednesday 8 am – 8 pm Thursday 8 am – 8 pm	Wednesday Forest Oaks Pool Thursday Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 8	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>June</u> Wednesday 17 Thursday 18	Wednesday 8 am – 8 pm Thursday 8 am – 8 pm	Wednesday Forest Oaks Pool Thursday Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!!

					San Antonio Pool Mgmt Recertifying Employees ONLY
LG 9	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>July</u> Wednesday 15 Thursday 16	<u>Wednesday</u> 8 am – 8 pm <u>Thursday</u> 8 am – 8 pm	<u>Wednesday</u> Forest Oaks Pool <u>Thursday</u> Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
LG 10	<u>Lifeguarding</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>July</u> Wednesday 29 Thursday 30	<u>Wednesday</u> 8 am – 8 pm <u>Thursday</u> 8 am – 8 pm	<u>Wednesday</u> Forest Oaks Pool <u>Thursday</u> Forest Oaks Pool	\$50 deposit San Antonio Pool Mgmt Employees \$315 Non-Employees \$FREE!!!! San Antonio Pool Mgmt Recertifying Employees ONLY
GA 1	<u>Gate Attendant: First Aid, CPR/AED for the Professional Rescuer ONLY</u> Includes: First Aid & CPR/AED Valid for 2 years	<u>TBA</u> TBA	<u>TBA</u> TBA	<u>TBA</u> San Antonio Pool Management Office	\$25 deposit San Antonio Pool Mgmt Employees \$100 Non-Employees

Class Locations

Please refer to the table above to determine the locations of each specific course. The addresses for each location are noted below.

When students are in the water, class will be held at:

Forest Oaks Pool:
6620 Forest Grove
Leon Valley, TX 78238

When students are in the classroom, if class is **NOT** being held at the pool, class will be held at the

San Antonio Pool Management Office:
121 Interpark Blvd., Suite 405
San Antonio, TX 78216

Employee Registration

San Antonio Pool Management employees may register for a course through the San Antonio Pool Management website. To access the course and register:

1. Visit www.sanantonio-pmg.com and click on the Lifeguarding > Lifeguard Certification tab.
2. Select the option that designates you as a San Antonio Pool Management, Inc. Employee.
3. Select the course that you prefer.
4. Make the corresponding deposit payment for your course. **All credit or debit payments will carry an additional 3% surcharge to cover the fee we are assessed. **Returning employees receive a discount, and should reach out to Dee for the required promo code!****
5. Complete the blended learning modules through the American Red Cross Learning Center at this link:

FULL COURSE: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a65Vx0000038DftIAE>

RECERTIFICATION ONLY (must login using the name and email address associated with your current certificates in the ARC system): <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a65Vx0000038DPIAM>

6. Screenshot or print proof of completion of blended learning modules and bring along to the first day of class.

Download the eBook associated with your course through the American Red Cross Learning Center using the instructions at the end of this document.



The Pool Management Group

San Antonio Pool Management

Non-Employee Registration



American
Red Cross

Those who are NOT San Antonio Pool Management employees may join the waitlist for our courses and may be allowed to register if all spaces are not claimed by employees the week of the course dates:

1. Visit www.sanantonio-pmg.com and click on the Lifeguarding > Lifeguard Certification tab.
2. Select the option that indicates you are NOT a San Antonio Pool Management, Inc. employee.
3. Enter your information so that you are added to the waitlist.
4. If contacted by a representative from San Antonio Pool Management to register for a course, you will be asked to submit payment for the course through our website (a link will be provided at that time).
5. Make the corresponding payment for your course using the credit or debit card option through the website. **All credit or debit payments will carry an additional 3% surcharge to cover the fee we are assessed.**
6. Complete the blended learning modules through the American Red Cross Learning Center at this link:

FULL COURSE: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a65Vx0000038DftIAE>

RECERTIFICATION ONLY (must login using the name and email address associated with your current certificates in the ARC system): <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a65Vx0000038DPIAM>

7. Screenshot or print proof of completion of blended learning modules and bring along to the first day of class.

Download the eBook associated with your course through the American Red Cross Learning Center using the instructions at the end of this document.