

	Age Requirements	Prerequisite Swim Test	Training Structure	Key Skills Taught	Pre-Swim Test
YMCA of the USA:	15 years old by the end of the course.	Swim 100 yards (front crawl or breaststroke), tread water for 1 minute, retrieve a 10-pound brick from deep water	Combines online pre-work with in-person skills training.	CPR, First Aid, AED, water rescue techniques.	<p><u>all</u> programs have a pre-swim test to assess participants' swimming skills before they begin training.</p>
American Red Cross:	15 years old by the end of the course.	Swim 550 yards continuously, tread water for 2 minutes using legs only, complete a timed event within 1:40.	Combines online learning with in-person skills sessions.	CPR, First Aid, AED, water rescue techniques	
StarGuard:	15 years old by the end of the course	Swim 300 yards continuously, tread water for 2 minutes using legs only, retrieve a 10-pound brick from 10 feet of water.	Combines online learning with in-person training.	CPR, First Aid, AED, water rescue techniques	
Lifeguarding of America:	15 years old by the end of the course.	Swim 300 yards continuously, tread water for 2 minutes using legs only, retrieve a 10-pound brick from 10 feet of water.	Combines online learning with in-person training.	CPR, First Aid, AED, water rescue techniques.	
Lifeguard Pro:	15 years old by the end of the course.	Swim 300 yards continuously, tread water for 2 minutes using legs only, retrieve a 10-pound brick from 10 feet of water.	Combines online learning with in-person training	CPR, First Aid, AED, water rescue techniques.	
USLA:	16 years old by the end of the course.	Swim 500 meters continuously, tread water for 2 minutes using legs only, complete a timed event within 1:30.	Primarily in-person training with online options for some aspects.	CPR, First Aid, AED, open-water rescue skills.	
US Coast Guard:	18 years old by the end of the course.	Swim 500 meters continuously, tread water for 2 minutes using legs only, complete a timed event within 1:30.	In-person training with limited online options.	CPR, First Aid, AED, water rescue techniques (with focus on maritime safety).	