

2025 Lifeguard Certification Classes

Local lifeguard certification and recertification classes are listed below:

Thank you for your interest in NorCal Lifeguard Training! We're excited to offer a series of **Red Cross Lifeguard Classes** and **Red Cross Lifeguard Recertification Classes** this year. Below is the schedule for the season. Please click on a link below to go to the registration page.

Red Cross Lifeguard Classes

The lifeguarding course is a 3-day class and will take place on Friday evening, and both Saturday and Sunday. It also includes a 6-hour blended learning online class that must be completed before the first in-person class. The lifeguarding course is designed for individuals who have never been a certified lifeguard, or for those who have expired certifications by more than 30 days.

- [February 21-23, 2025](#)(San Jose)
- [March 28-30, 2025](#)(San Jose)
- [April 11-13, 2025](#)(San Jose)
- [May 2-4, 2025](#)(San Jose)

Red Cross Lifeguard Recertification Classes

The lifeguarding course is a 1-day class designed to refresh your knowledge and skills. It also includes a 1-2 hour blended learning online class that must be completed before the first in-person class. The blended learning class for recertification guards features adaptive learning where participants can test out of the online content they already know. To participate in the Lifeguarding Recertification class you must have a current American Red Cross Lifeguarding certification, and certification expired by no more than 30 days.

- [March 2, 2025](#)(San Jose)
- [March 16, 2025](#)(San Jose)
- [April 27, 2025](#)(San Jose)
- [May 11, 2025](#)(San Jose)