

LIFEGUARD

TRAINING CLASSES

American Red Cross Lifeguard Training Course



Dates and Times:

- February 23 & 24, 4:00 pm – 8:00 pm & 25, 9:00 am – 5:00 pm
- March 29 & 30, 4:00 pm – 8:00 pm & 31, 9:00 am – 5:00 pm
- April 26 & 27, 4:00 pm – 8:00 pm & 28, 9:00 am – 5:00 pm

Cost: \$130

Certification: Lifeguarding/First Aid/CPR/AED – valid for 2 years

Prerequisites:

- Must be at least 15 years old
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing
 - Tread water for 2 minutes using only the legs
 - Complete a timed event within 1 minute, 40 seconds
- Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object
 - Exit the water without using a ladder or steps

Limited Space Available

For more information or to register contact Shelley Stout at 731-881-7718