



American Red Cross Lifeguard Training



Prerequisites:

- 15 years of age by the last day of course
(Bring proof of age, i.e., drivers license, birth certificate)
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing: 100 yards freestyle, 100 yards breaststroke, 100 yards of either freestyle or breaststroke (May use goggles).
- Tread water for 2 minutes using only the legs (Must keep hands in armpits & head above water).
- 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 12 feet & retrieve 10-pound dive brick.
 - Return to starting point holding 10-pound dive brick with both hands

Cost:

\$225

Includes all supplies & book (downloadable manual)

Certifications: Lifeguarding, First Aid & CPR/AED
(valid for 2 years)

Dates & Times:

FRIDAY	March 29th	3:00 PM-6:00 PM
SATURDAY	March 30th	1:00 PM-6:00 PM
FRIDAY	April 5th	3:00 PM-6:00 PM
SATURDAY	April 6th	1:00 PM-6:00 PM
SUNDAY	April 7th	1:00 PM-5:00 PM
		Total hours= 20



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