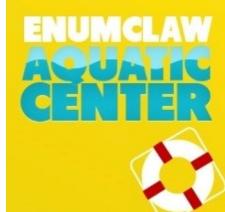




# American Red Cross Lifeguard Training



### 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 12 feet & retrieve 10-pound dive brick.
  - Return to starting point holding 10-pound dive brick out of the water with both hands & exit water (May NOT use goggles).

### Cost:

\$200

Includes all supplies & book (downloadable manual)

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

### Dates & Times:

FRIDAY	March 23rd	3:00 PM-7:00 PM
SATURDAY	March 24th	11:00 AM-3:00 PM
FRIDAY	March 30th	3:00 PM-7:00 PM
SATURDAY	March 31st	11:00 AM-3:00 PM
FRIDAY	April 6th	3:00 PM-7:00 PM
SATURDAY	April 7th	11:00 AM-3:00 PM

Total hours= 24

