



# American Red Cross



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

**\*Blended Learning class\* Must do online component before class (MANDATORY)**

### Cost:

\$250

Includes all supplies & book (downloadable manual)

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

**Call or come in to register!**

### Dates & Times:

**PRE-COURSE: Friday, February 21 3:00PM-6:00 PM**

FRIDAY	February 28th	3:00 PM-7:00 PM
SATURDAY	February 29th	11:00 AM-5:00 PM
FRIDAY	March 6th	3:00 PM-7:00 PM
SATURDAY	March 7th	11:00 AM-5:00 PM

Total hours= 20



**Enumclaw Aquatic Center**

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