



Lifeguard Training Schedule for 2010

You must be 15 to take the course or have turned 15 by the date of completion. You must also pass a pre-course swim test before you can register for the course.

Pre-course Swim tests will be Monday-Friday 7:00pm-8:15pm. You MUST pass the swim before you register for the class. NO swim appointments will be conducted the day of the first class.

The pre-course swim test consists of a 500 yd. continuous swim. Involving, 100 yards breaststroke and 200 yards front crawl using rhythmic breathing. You must also be able to retrieve a 10 lb. brick from a depth of 7 ft. and swim back to the wall on your back using a kick only and then hop out of the pool in a 1minute and 40 seconds timed swim. Also, you must tread water for 1 minute feet only.

Upon completion and passing of the course you will receive your Lifeguard training and First Aid certification which is good for 3 years and your CPR for the professional Rescuer w/AED which is good for 1 year.

American Red Cross Lifeguard with CPR and AED

Instructor: Heather West

Members.....\$160.00 plus purchase of materials

Non-members..... \$190.00 plus purchase of materials

*******Materials \$45.00 (purchase at the American Red Cross on Coliseum- must have for the first class) *******

ARC Lifeguard Training Course Dates:

Feb. 24-28th

March 10-14th,

March 24-28th

April 7-11th,

April 21st-25th

April 28th- May 2nd

May 12-16th

All Classes run
weekdays from 5-9pm
and weekends from
8am-5pm

CRP held Sat. at 8am

Bring your swim suit, towel and a bag lunch daily. Also, bring something to stay warm.