



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

American Red Cross Lifeguard Certification



This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid and Lifeguard. The comprehensive course offers up-to-date information how to life guard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. The course also covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, spinal injury management, legal responsibilities, pool management and information on how to get a job as a lifeguard. **MUST** attend all days and be able to swim 12 lengths (300 yards) nonstop and swim on back with a 10lb weight.

Lifeguard Class

March 28th-3st, April 18th-21st,
May 2nd-5th
Thurs & Fri @ 5:30pm-9pm
Sat & Sun @ 8:30am-6pm

Lifeguard Re-Cert

March 31st, April 21st, May 5th
8:30am—6pm
Must bring in lifeguard certification.
Certification cannot be more than 30 days
expired

Lifeguard Certification \$200/member & \$250/non-members.

Recertification: \$75/member & \$125/non-member

Questions? Contact: Tonya Elkins Aquatics Coordinator

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