



LIFEGUARD CERTIFICATION

AMERICAN RED CROSS COURSE

Summer Session

(must attend all classes below)

6/1 Saturday 9:30am - 5pm

6/2 Sunday 9:30am - 5pm

6/3 Monday 9:30am - 5pm

6/4 Tuesday 9:30am - 5pm

6/5 Wednesday 9:30am - 12pm

Autumn Session A

(must attend all classes below)

8/29 Thursday 5:30pm - 9pm

8/30 Friday 5:30pm - 9pm

8/31 Saturday 9:30am - 5pm

9/1 Sunday 9:30am - 5pm

9/2 Monday 9:30am - 5pm

9/7 Saturday 9:30am - 12pm

\$300/Member, \$375/Non-member*

Prerequisites: Minimum age of 15 years > Swim 300 yards continuously > Tread water 2 minutes using only legs

Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 lb object, return to surface and swim 20 yards on the back to the starting point, exit the water without using ladder or steps.