



LIFEGUARD CERTIFICATION

AMERICAN RED CROSS COURSE

LIFEGUARD REVIEW COURSE

Candidates certifications must be within 30 days of expiration

Spring Session

(Must attend all classes below)

5/26 Sunday 10am - 5pm

5/27 Monday 10am - 2pm

Summer Session

(Must attend all classes below)

7/27 Friday 3:30pm - 7:30pm

7/29 Sunday 10am - 5pm

\$100/Member, \$125/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.