



# American Red Cross

## Become a Lifeguard Today!

### 2010 Red Cross Lifeguard Training Schedule:

**Session 1:**      **April 9, 16, 23**                      **4:00 - 9:00pm**  
                         **April 10, 17**                                      **12:00 - 6:00pm**  
                         **April 24**    **12:00 - 3:00pm**  
*(Participant must attend each class, each session)*

**Session 2:**      **May 7, 14, 21**                                      **4:00 - 9:00pm**  
                         **May 8, 15**    **12:00 - 6:00pm**  
                         **May 22**    **12:00 - 3:00pm**  
*(Participant must attend each class, each session)*

**Session 3:**      **June 4, 11**    **4:00 - 9:00pm**  
                         **June 5, 12**    **9:00 - 5:00pm**  
*(Participant must attend each class, each session)*

Community Member Rate: \$125

Facility Member Rate: \$100

*(Cost includes lifeguard book and rescue mask)*



#### Red Cross Lifeguard Training will teach you:

- Skills and knowledge to prevent and respond to aquatic emergencies
- CPR for the Professional Rescuer
- First Aid/AED

#### Requirements - Participants Must:

- Be at least 15 years of age by the last day of the course attended
- Attend all training sessions
- Successfully complete a pre-course screening session which includes the following:
  - Swim 300 yards (12 laps) continuously, using these strokes: 4 laps front crawl (freestyle), 4 laps breaststroke and 4 laps either front crawl or breaststroke.
  - Swim 20 yards (front crawl or breaststroke), surface dive to a depth of 7-10 feet, retrieve a 10 pound object, and return with it to the surface and swim back 20 yards. This is a timed event.
- Perform all required skills with 100% accuracy
- Pass a written test with a score of at least 80%