

Lifeguard Training

The purpose of the American Red Cross Lifeguard course is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies. The content also provides suggestions on how to prevent drownings and injuries.

To be eligible for the Lifeguard course, the participant must be 15 years old on or before the final scheduled session of this course. The participant must successfully complete the following:

1. Swim 300 yards continuously, using the front crawl and breaststroke.
2. Retrieve a 10lb brick from the bottom of the pool and swim back to the starting position 20 yards.

Dates: Spring 2016

Schedule: TBA

Fee: \$200.00 Member

\$240.00 Non-member