

Red Cross Lifeguard Certification 2017

Lifeguard Training

Prerequisites:

- Must be at least age 15 years old.
- Swim continuously 300-yd freestyle or breaststroke, or a combination of both.
- Tread water for 2 minutes using legs only.
- Swim 20 yards, surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object, and swim 20 yards back to the starting point and out of the water without the use of stairs or a ladder in under 1 minute 40 seconds.

Lifeguard Certification

To receive a lifeguard certification a candidate must:

- Attend 100% of all class sessions
- Arrive on time for all class sessions
- Pass written and skills test

Lifeguard Certification - Class Times

All sessions will take place at Blue Ridge pool. 10040 - 15th Ave NW

- 8 – 11 a.m. Saturday, May 6
- 9 – Noon and 1:30 - 5:30 p.m. Sunday, May 7
- 6 - 9 p.m. Thursday May 11
- 6 - 9 p.m. Friday May 12
- 8 a.m. – 12 p.m. Saturday, May 13
- 9 a.m. – Noon and 1:30 - 3:30 Saturday, May 13

Lifeguard Certification - Fees

\$200.00 Full Program Fee: Includes certification fee and Rescue Mask

The Participant Manual can be downloaded free or can be purchased for \$32.00 at the following [Red Cross Website](http://www.redcross.org/take-a-class) <http://www.redcross.org/take-a-class>

Checks to: Carlos Palacian, You can bring the check to the first class. Just make sure you have signed up (e-mail palacian@yahoo.com)

Recertification

For those with a current lifeguard certification, recertification is available at Blue Ridge pool for

a \$75.00 fee on Sunday, May 22 at 9:00 AM (Note: the recertification will take 3-4 hours)

Questions contact the instructor Carlos Palacian at palacian@yahoo.com