

LIFEGUARD TRAINING

\$130
ENTRY

with Water Park skills module

COURSE OVERVIEW:



American Red Cross Basic Lifeguard Certification is a 25-31 hour course.



Courses provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, & respond to aquatic emergencies.



Water Park Skills module teaches lifeguards to prevent and respond to emergencies in facilities with features such as water slides, lazy rivers, and wave pools.

Must be able to pass the following prerequisites:

1. 15 years of age or older
2. Swim 300 yds, using the crawl and breaststroke. Must be a continuous swim.
3. Complete a timed surface dive in 10ft water, retrieve a 10lb brick and swim 20 yds. on back with no hands.
4. Tread Water non-stop for 2 minutes with no hands

Course: March 10-15
Location: BCC Pool

Course Time:
3/10 -- 1-5pm
3/11-15 -- 5-10pm

Contact US:

Megan Hammeke
Aquatic Director
620.793.3755
mhammeke@gbrec.net



Enrollment Deadline: March 4th