

LIFEGUARD TRAINING RECERTIFICATION

\$70
ENTRY

COURSE OVERVIEW:



This American Red Cross Lifeguard Recertification class is for individuals needing recertified in Lifeguard training.



Participants in this course will need to supply previous Lifeguard Certification Card. Lifeguard certification can not be expired.



Please bring CPR mask, lifeguard book, previous certification card, and sack lunch to class.

Must be able to pass the following prerequisites:

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

Course: March 16
Location: BCC Pool

Course Time:
3/16 -- 8:30am-6pm

Contact US:

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