




LIFEGUARD RECERTIFICATION

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.

Course Prerequisites:

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

FEE: \$75.00

Enroll @ the Rec:
www.greatbendrec.com
620.793.3755
1214 Stone Street



GREAT
BEND Rec

Date: March 21
Time: 8:30am-6pm
Location: BCC Pool

Contact US:
Megan Hammeke
Aquatic Director
620.793.3755
mhammeke@gbrec.net

Enrollment Deadline: March 6th