

# LIFEGUARD TRAINING COURSES

## COURSE OVERVIEW:



American Red Cross Basic Lifeguard Certification is a 25-31 hour course & requires online course work that must be completed prior to the first day of class.



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



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

### 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: \$130.00**

**Course #1: March 11-13**

Time: 8:30am-6pm

Location: BCC Pool

**Course #2: March 16-18**

Time: 8:30am-6pm

Location: BCC Pool

Enroll @ the Rec:

[www.greatbendrec.com](http://www.greatbendrec.com)

620.793.3755

1214 Stone Street



GREAT BEND Rec

Contact US:

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**Enrollment Deadline: March 2<sup>nd</sup>**