

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.

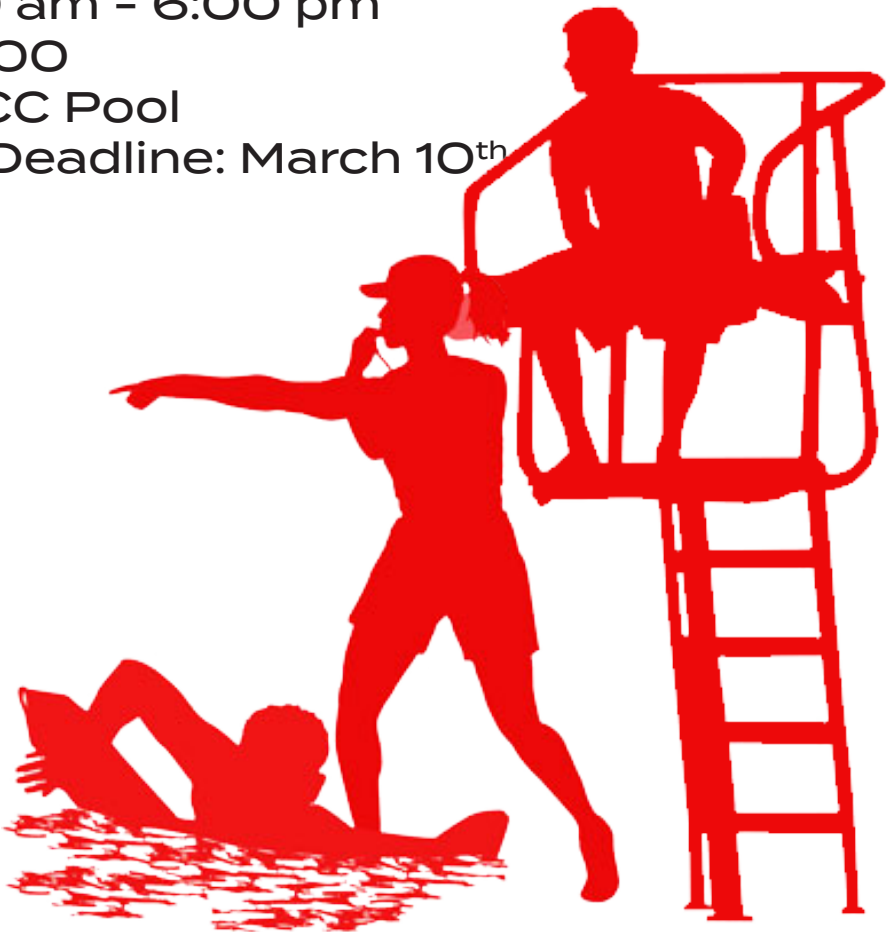
Date: March 20

Time: 9:00 am - 6:00 pm

Fee: \$75.00

Location: BCC Pool

Enrollment Deadline: March 10th



Enroll @ the Rec:

www.greatbendrec.com
620.793.3755
1214 Stone Street



Contact Us:

Megan Hammeke
Aquatic Director
620.793.3755, ext. 210
mhammeke@gbrec.net

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