

# GREAT BEND REC LIFEGUARD RECERTIFICATION



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 16, 2024

**Time:** 9:00 am - 6:00 pm

**Fee:** \$85.00

**Location:** BCC Pool

**Enrollment Deadline:** March 6<sup>th</sup>



**Enroll @ the Rec:**

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

620.793.3755

1214 Stone Street



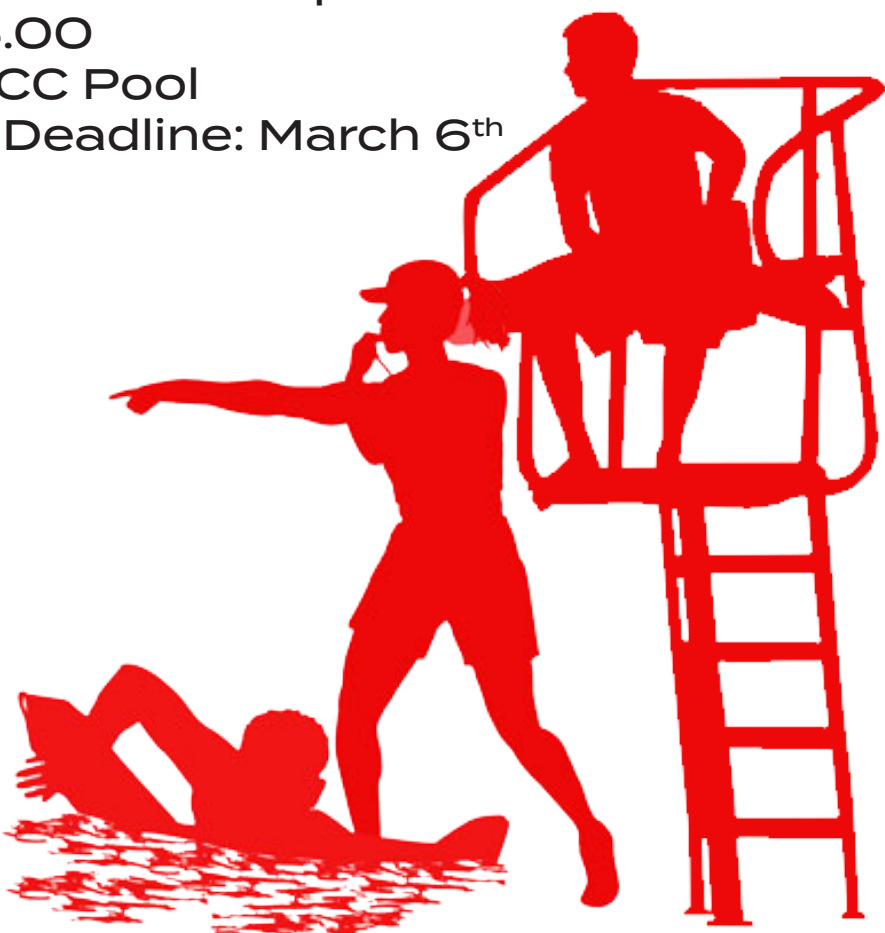
**Contact Us:**

Megan Hammeke

Aquatic Director

620.793.3755, ext. 210

[mhammeke@gbrec.net](mailto: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