# **GREAT BEND REC** LIFEGUARD TRAINING COURSES



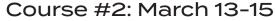
American Red Cross Basic Lifeguard Certification is a 25-31 hour course & requires online course work that MUST BE completed prior to attending the first day of



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

## Course #1: March 10-12

3/10 - 10:00 am to 6:00 pm 3/11 - 9:00 am to 7:00 pm 3/12 - 9:00 am to 7:00 pm



3/13 - 10:00 am to 6:00 pm 3/14 - 9:00 am to 7:00 pm 3/15 - 9:00 am to 7:00 pm

Enrollment Deadline: March 1st

Fee: \$175.00

Location: BCC Pool





## 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 vds, on back with no hands.
- 4. Tread Water non-stop for 2 minutes with no hands

