

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 class.



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

Course #2: March 13-15

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 yds. on back with no hands.
4. Tread Water non-stop for 2 minutes with no hands