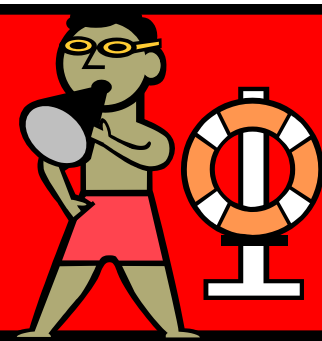


AMERICAN RED CROSS LIFEGUARD CERTIFICATION 2017



Session 1: March 16th - March 20th**

Session 2: April 6th - April 10th**

Session 1 Dates & Times:

March 16 6:30pm-8:30pm

March 17 6:30pm-8:30pm

March 18 8:00am-5:00pm

March 19 8:00am-5:00pm

March 20 6:30pm-9:30pm

Session 2 Dates & Times:

April 6 6:30pm-8:30pm

April 7 6:30pm-8:30pm

April 8 8:00am-5:00pm

April 9 8:00am-5:00pm

April 10 6:30pm-9:30pm

**Prerequisites

Ages 15 & Up

**Swim 300 yards continuously using the front crawl and breaststroke.

**Swim 20 yards using front crawl or breaststroke; Surface Dive to a depth of 7-10 feet; Retrieve a 10-pound object; Return to the surface, swim 20 yards back to the starting point with the object. This is a timed swim.

**Tread water with legs only for two minutes.



Registration & Fees

Pre-Registration is required - Register at The North Myrtle Beach Aquatic & Fitness Center before March 14th Or April 4th

AFC Member \$200.00

Non-Member \$225.00

Lifeguard Training Manual & CPR Mask are distributed in class upon passing the pre-course swim test.

Requirements

****Pass Prerequisite Swim ~ Required Skills Listed Above****

Be on time & attend all classes

Pass all water skills

Score at least 80% on the final exam

Upon successful completion of the course, participants will receive certification in Lifeguard Training, CPR for the Professional Rescuer, First Aid, & AED

For more information contact
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