



**American
Red Cross**

TRAIN TO SAVE LIVES

LIFEGUARD TRAINING

Friday, NOV 8

4:00 PM – 8:00 PM

Saturday and Sunday, NOV 9–10

9:00 AM – 6:30 PM

Upon course completion, you'll receive
2-year certifications in:

- Lifeguard Training
- First Aid
- CPR for the Pro Rescuer

Physical prerequisites: you must be at least 15 years old, tread water continuously for two minutes (legs only), swim 300 yards, surface dive 10-ft. depth and carry a 10-lb. weight 20 yards.

Member: \$175 Nonmember: \$200

Pre-registration is required by Thursday, Nov 7. Call the Welcome Center to register and learn more.

