



# LIFEGUARD TRAINING



American Red Cross

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

**SESSION 1** May 12-13, May 19-20  
Saturday-Sunday 9am-5pm  
\*Sunday 5/20 will be at PCC Sylvania

**SESSION 2** June 1-4  
Friday 4pm-8pm  
Saturday-Sunday 9am-5pm  
Monday 6pm-8pm  
\*Sunday 6/3 will be at PCC Sylvania

**PRICE**  
\$185/Member  
\$225/Guest

**REGISTER**  
On the Stafford Hills App  
or at the Front Desk.

Lifeguard Training Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

#### PREREQUISITES

- Participants must be at least 15 years of age.
- Swim 300 yards continuously, demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1:40: start in the water, swim 20 yards, surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object, surface and swim 20 yards on back with both hands holding the object, exit the water without using a ladder or steps.