



# LIFE GUARD

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## Red Cross Blended Learning Lifeguard Class

Course format is blended learning, which includes online class AND in-person learning session. The 7 hours of online instruction must be completed before the in class portion begins.

**May 12-14**  
**Friday 4pm-8pm**  
**Saturday 8am-6pm**  
**Sunday 8am-6pm**

**May 26-28**  
**Friday 4pm-8pm**  
**Saturday 8am-6pm**  
**Sunday 8am-6pm**

A PREREQUISITE SWIMMING SKILLS SESSION IS REQUIRED AT THE BEGINNING OF THE IN-CLASS PORTION. THE REQUIREMENTS ARE: 15 YEARS OR OLDER; ABLE TO SWIM 300 YDS CONTINUOUSLY WITH BREATH CONTROL; SWIM 20 YDS, RETRIEVE A 10LB BRICK AND RETURN TO THE WALL KICKING ON YOUR BACK; AND TREAD WATER FOR 2 MINUTES WITHOUT THE USE OF YOUR HANDS.

**\$210** MEMBERS  
**\$225** NON MEMBERS

Register online or email [4paulwiens@gmail.com](mailto:4paulwiens@gmail.com) with questions