

# WRANGELL PARKS & RECREATION



## AMERICAN RED CROSS LIFEGUARD CLASS

If you are interested in becoming a Professional Lifeguard?  
Then you might be interested in the Lifeguarding class.

### Prerequisites

- Minimum 16-yrs of age by date of last class.
- Swim 300 yds. Continuously, using Front crawl and breaststroke only.
- Starting in shallow end, swim 20 yds., retrieve ten pound brick from a depth of 7-10ft. deep with both hands, return to surface, swim on your back holding the brick on your chest for 20 yds. Complete exercise in less than 2 minutes.
- Tread water for 2 minutes, without using hands.

### Scheduling

- Prerequisite reviews conducted at the pool on Tuesday, June 2nd from 5:30-6:30pm, and Monday, June 8<sup>th</sup> from 4:00-5:00PM.
- Classes are held on Tuesdays and Thursdays, 6:00-9:00pm, and Saturdays 9:00am-12:00pm. NOTE: Starting times are as posted, but finish times may vary.
- Class Schedule: June 9<sup>th</sup>- 27<sup>th</sup>, with makeup "final exams only" on June 30<sup>th</sup>.
- Registration deadline is June 8<sup>th</sup>.

**COST:** Class cost is \$150.00 per student and includes all materials and a Lifeguard manual. Your certification is good for 2 years at completion of course, and includes CPR/AED, First Aid, and Red Cross Lifeguard Training.

**REQUIRED EQUIPMENT:** You will need a swim suit, towel and goggles. Female participants are encouraged to wear a one-piece suit. Not required but strongly suggested are sweats for the deck, since we get in and out of the pool during training.

For further information and registration, stop by the swim pool  
or call 874-2444 and speak to Kate or Victoria.