

American Red Cross Lifeguard Training



Class Sessions:

- March 26th - 30th: 9am - 4pm
- April 2nd - 6th: 9am - 4pm

Cost: \$200

All class times during the session are MANDATORY. Must have at least 4 participants registered. Studying at home is required after the first day of class. Interested participants may come for one week prior to class and practice the swimming requirements listed below.

Participants must be 15 years or older and able to complete a 300-yard swim, retrieve a ten-pound brick from deep water without goggles, and tread water for two minutes without the use of your hands. Class space is limited. Goggles are highly recommended.

Please pre-register at the FAC Front Desk



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