



American Red Cross Lifeguard Training & Recertification **SUMMER 2020 CLASSES!**

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. There is a minimum age of 15 years old by the last day of the class.

The following pre-requisites must be fulfilled:

- Swim 300 yards continuously
- Tread water for 2 minutes
- Starting in the water, the participant must be able to swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit water without using a ladder or steps within 1 minute, 40 seconds
- No refunds will be given for failure of pre-requisite requirements.
- **All course dates must be attended in order to pass the course, those who are recertifying only need to attend the last day of the course.**

The next courses will be offered:

July 6-10

Monday 8:00 – 3:00 pm

Tuesday 8:00 - 3:00 pm

Wednesday 8:00 - 3:00 pm

Thursday 8:00 - 2:00 pm

Friday 8:00 - 2:00 pm

August 3-7

Monday: 8:00-3:00pm

Tuesday: 8:00-3:00 pm

Wednesday: 8:00-3:00 pm

Thursday 8:00-2:00pm

Friday: 8:00-2:00 pm

***All classes will be held at the Dover Pool Facilities.**

Erika Friedman

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Cost: Full Course \$200

Recertification \$40



**American
Red Cross**