



**American
Red Cross**

FALL LIFEGUARDING CLASS

\$150.00 (32 HOUR COURSE)

CLASS DATES & TIMES

BEGINNING SEPTEMBER 14, 15 & 21, 22
9AM – 5PM EACH DAY

REQUIREMENTS TO TAKE THE LIFEGUARDING COURSE

- *MUST BE 15 YEARS OF AGE ON OR BEFORE SEPTEMBER 14TH, 2013*

PRE-COURSE SEPTEMBER 14TH (MUST PASS PRE-COURSE IN-ORDER TO TAKE THE LG CLASS)

- **SWIM** – 300 YARD CONTINUOUS SWIM (6 LAPS, DOWN AND BACK = 1 LAP), USING FREESTYLE, BREASTSTROKE OR A COMBINATION OF BOTH.
- **TREADING WATER** - 2 MINUTES WITHOUT STOPPING. ONLY LEGS CAN BE USED.
- **SWIM & RETRIEVE** – SWIM 20 YARDS SURFACE DIVE TO 10FT RETRIEVE A 10 LB BRICK, RETURN TO THE SURFACE AND SWIM 20 YARDS BACK TO START. BOTH HANDS HOLDING THE BRICK AND YOUR FACE MUST BE OUT OF THE WATER, EXIT THE POOL WITHOUT USING THE LADDER/STEPS. MUST BE COMPLETED IN 1 MINUTE 40 SECONDS.

REGISTRATION INFORMATION

- **ONLINE** – [HTTPS://ESERVICES.OROVALLEYAZ.GOV/REGISTRATION/](https://eservices.orovalleyaz.gov/registration/)

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