



# American Red Cross Lifeguarding Course

Are you 15 or older and looking for a great year round job or a challenging career?  
Lifeguarding is the best place to start!

This course prepares candidates to recognize and respond quickly and effectively to aquatic emergencies and prevent drowning and other incidents.

Lifeguard training participants must meet these prerequisites:

Minimum age of 15 by last day of class (proof of age must be brought to the first class).

- o Swim 300 yards continuously, using these strokes in the following order:
- o 100 yards front crawl, using rhythmic breathing and a stabilizing, propellant kick
- o 100 yards breaststroke
- o 100 yards front crawl and/or breaststroke
- o A timed 20 yards swim, surface-dive to a depth of 10-12 feet, retrieve a 10-pound object, and return to the starting point in 1 minute and 40 seconds
- o *Participants must pass the entire pre-skills test in order to continue the course!*

Items that you are responsible for bringing with you to class are:

- Swim suit, towel, goggles
- A one piece suit is highly recommended for all women taking the Lifeguarding Course
- Lunch or snack (if class is scheduled for 5 hours or more)

How to register: Please call 614-336-2582 or come in directly to our service desk and register. Our address is 3111 Hayden Road, Columbus, OH 43235.

Day	Date	Time	Fee	Min/Max
M	3/22	12-5 P	\$200	6/12
TU	3/23	12-5 P		
W	3/24	12-5 P		
TH	3/25	12-5 P		
F	3/26	12-5 P		

All participants must attend all sessions of the class. Failure to attend the entire class will result in a failing grade and no refund.

Any participant from this class who receives employment with Premier at Sawmill Athletic Club and stays with us for more than 90 days will receive \$75 back from the class.