

# American Red Cross Lifeguard Certification Classes

Upon successful completion of this class, you will be certified as an American Red Cross Lifeguard. The following prerequisites will be tested at the pool on the first day of class: 300 yard swim, tread water without the use of hands, retrieve a 10 lb. object from depth of 7+ feet, and other required skills. Participants must purchase a first aid training pack, resuscitation mask and Lifeguard Manual from the Red Cross prior to the first day of the class. **Location:** Pleasant Valley Aquatic Center (unless otherwise noted).

**Class #: 8001.155** **Cost: \$142**

Time .....	Day(s) .....	Date
7:00-8:30pm .....	Monday .....	1/4
4:00-9:00pm .....	Tue & Thu .....	1/5-1/14
8:00am-1:00pm .....	Sat .....	1/9
2:00-8:30pm .....	Sat .....	1/9

**Class #: 8001.156** **Cost: \$142**

Time .....	Day(s) .....	Date
7:00-9:00pm .....	Tuesday .....	2/2
4:00-9:00pm .....	Tue & Thu .....	2/4-2/23

**Class #: 8001.157** **Cost: \$142**

Time .....	Day(s) .....	Date
7:00-9:00pm .....	Tue & Thu .....	3/2 & 3/4
7:00-9:00pm .....	Tuesday .....	3/9-3/30
4:00-9:00pm .....	Thursday .....	3/11-4/1

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