



2018 American Red Cross Lifeguard Training

Session I: March 26 - 30 (Spring Break)

Monday through Friday • 9 a.m. – 3 p.m. • Cost - \$235

Candidates for Lifeguard Training must meet the following prerequisites :

- This course is designed for ages 15 and older.
- Tread water for 2 minutes using legs only
- Swim 300 yards continuously using front crawl, breaststroke, or a mix of each of them
- In 1 min 40 sec, swim 20 yards, then surface dive in water at least 7ft. deep to retrieve a 10 lb. object and return to surface; exit water without stairs or ladder.
- Must pass pre-test before registering.

(Pretest can be taken at the Aquatic Complex Tuesday-Friday from 11:30 a.m. to 5 p.m. or Saturday from 12 to 3 p.m.)

Certification Includes latest American Red Cross Training for 2 years:

- Lifeguard Training
- CPR for the Professional Rescuer
- AED
- First Aid
- Preventing disease transmission
- Managing spinal injury
- Surveillance Techniques
- Use of rescue equipment for water rescues
- Swim assists
- Bleeding Control

Register at the Coral Springs Aquatic Complex

12441 Royal Palm Blvd, Coral Springs, FL 33065 • 954-345-2121