



This course is designed to prepare individuals in basic lifesaving techniques.

Upon successful course completion, students will receive Red Cross certification in:

- Lifeguard Training · Oxygen Administration · Emergency Response
- CPR for the Professional Rescuer

Class Dates & Times

The course will meet January 15th — March 3rd
Saturdays: 8:00 a.m. to 12 noon
Tuesdays & Thursdays: 6:30 p.m. to 9:30 p.m.

~Participants must be at least 15 years old and complete the Pre-Course skills test ~

The swimming skills pre-course test will be conducted at 9:30 a.m. on the following Saturdays at the Brooks Street Swim Center:

11/27, 12/4, 12/11, 12/18, 1/8 OR

Monday - Friday: 1:15 p.m. and 3:00 p.m. (11/29/10 -1/14/11)

The pre-course test consists of:

- 300 yard continuous swim using both front crawl and breaststroke
- Timed Event (brick retrieval in 1:40)

**Registration begins November 27, 2010 at the
Brooks St. Swim Center during regular business hours.**

Registration Fee: \$230/residents or \$240/non-residents

Parks and Recreation

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