

RED CROSS AT SPX

DO YOU HAVE WHAT IT TAKES TO BECOME A **GUARD**

GREAT JOB OPPORTUNITY AFTER COMPLETION

YEAR AROUND WORK

LIFEGUARD COURSE-BLENDED*

****APRIL 2023**

**MON: 4/3, TUES 4/4, WED:4/5,
9:00AM-4:30PM**

*Self pace online portion to be completed prior to the first date of class.

**Must attend all dates

Once enrolled there are no refunds

**PRICING AND DETAILS CONTACT:
LINA YANG, AQUATICS DIRECTOR
AQUATICS@SPORTSPLEX-NW.COM
TEXT: 845-522-3088**

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Pre-Requisites to enroll in Lifeguard Training:

1. You must be **15 YEARS OF AGE** before the last day of course.
2. The ~8 hours online section must be complete prior to first day of pre-requisite skills testing.
3. Prior to classroom/pool section, candidates must pass a skills test which will consist of the following:
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. (Candidates may swim using the front crawl, breast stroke, or combination of both strokes. Swimming on back or side is not permitted)
 - Tread water for 2 minutes using only legs
 - Starting on deck, swim 20 yards, surface dive 7 to 10 feet, retrieve 10-pound object, return to surface, and swim 20 yards on back to starting point with 2 hands holding object and face near surface showing breathing, and exit the pool. Must complete in 1 minute 40 seconds. (Without goggles)