

Show the World What You're Made of — Be a Lifeguard



Lifeguarding Course

(Ages 15 Plus)

Register today for American Red Cross Lifeguarding Course at the Green River Recreation Center. Learn skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.


Course length: approx. 27 hours class time

Prerequisites:

- Must be 15 years or older. **Please bring proof of age to the first class.**
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface of the water so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

Enroll Today!

Dates/Times:	Tuesday, July 20	9:00 AM - 3:00 PM
	Wednesday, July 21	9:00 AM - 3:00 PM
	Thursday, July 22	9:00 AM - 3:00 PM
	Tuesday, July 27	9:00 AM - 3:00 PM
	Wednesday, July 28	12:00 PM - 4:00 PM
Students must attend all classes		
Fees:	\$130 to the Recreation Center when you register (includes books and a pocket mask)	
Register by:	9:00 PM – Friday, July 16 at the Green River Recreation Center Class size minimum is 3, maximum is 8.	

 If ADA accommodations are needed, please call (307) 872-0511, (307)872-0509 fax

Contact the Green River Recreation Center
for more information
(307) 872-0511.



**American
Red Cross**