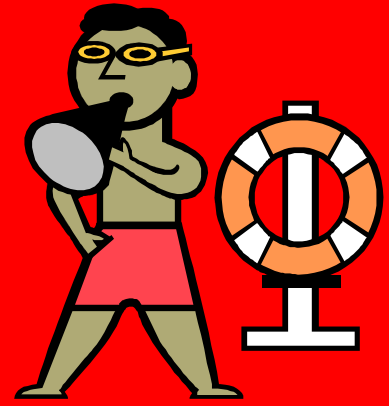


AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE



February 2nd - 25th

**Tuesday, & Thursday Evenings
5:30 pm to 8:30 pm**

Prerequisites

Ages 15 & Up

~ Be able to swim 300 yards continuously using the front crawl and breaststroke.

~ Swim 20 yards using front crawl or breaststroke; Surface Dive to a depth of 7-10 feet; Retrieve a 10-pound object; Return to the surface, and then swim 20 yards back to the starting point with the object.



Registration & Fees

Pre Registration is required - Register at The North Myrtle Beach Aquatic & Fitness Center by Friday, January 29th at 6:00PM

AFC Member \$175.00

Non-Member \$200.00

Lifeguard Training Manual & CPR Mask are included in your registration fee and will be distributed in class on Tuesday, February 2, 2009

Requirements

Complete Prerequisite Swim ~ Required Skills Listed Above

Be on time & attend all classes ~ February 2, 4, 9, 11, 16, 18, 23, & 25th

Pass all water skills

Score at least 80%, (40 out of 50 correct answers) on the final exam

Upon successful completion of the course, participants will receive certification in Lifeguard Training, CPR for the Professional Rescuer, First Aid, & AED (Automated External Defibrillator)

For more information contact
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