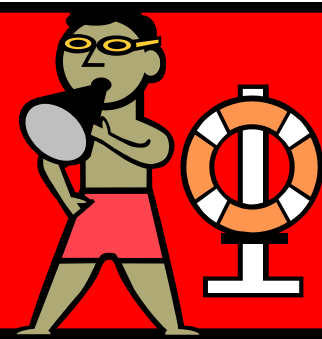


# AMERICAN RED CROSS LIFEGUARD CERTIFICATION 2019



February 7 Thursday 6:00p-9:00p\*\*  
February 8 Friday 6:00p-9:00p  
February 9 Saturday 8:00a-5:00p  
February 10 Sunday 8:00a-5:00p

**\*\*Pre-Requisite swim test is Thursday, February 7.\*\***  
All dates are mandatory for certification.

## **\*\*Prerequisites**

Ages 15 & Up

**\*\*Swim 300 yards continuously using the front crawl with rhythmic breathing / breaststroke.**

**\*\*Timed Swim: 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, kick 20 yards on your back to the starting point while holding the object.**

**\*\*Tread water with legs only for two minutes.**



## **Registration & Fees**

Pre-Registration is required - Register at The North Myrtle Beach Aquatic & Fitness Center by Wednesday February 6.

AFC Member \$200.00

Non-Member \$225.00

Lifeguard Training Manual & CPR Mask are distributed in class upon passing the pre-course swim test.

## **Requirements**

**\*\*Pass Prerequisite Swim ~ Required Skills Listed Above\*\***

Be on time & attend all classes

Pass all in water skills

Score at least 80% 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

For more information contact  
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