



Lifeguard TRAINING

MARCH 6 - 9

MARCH 20 - 23

APRIL 10 - 13

MAY 1 - 4

Thursdays • 6 PM - 9 PM

Fridays • 5 PM - 9 PM

Saturday & Sunday • 8 AM - 6 PM

\$220 (hip pack included)

**LIFEGUARDING (INCLUDING DEEP WATER) WITH CPR/AED FOR
PROFESSIONAL RESCUERS AND FIRST AID**

**MUST BE AT LEAST 15 YEARS OLD, DEMONSTRATE A 150 YARD SWIM,
2 MINUTES OF TREADING WATER, 20 YARD BRICK TOW KICKING ONLY**



QUESTIONS? Contact Sarah Allen at
allensarah375@gmail.com