

LIFEGUARD TRAINING

HOSTED BY EAST COAST AQUATIC

Location: East Coast Aquatic Center

5905 Portsmouth Blvd

Portsmouth, VA 23701

Art Anthony (757) 450-2152

Email CoachArt.ECAT@gmail.com

- **\$225 (Includes CPR for the professional rescuer)**
- **This is a 2 year certification**
- **Must be 15 years old to participate in class**
- **Price covers: books, pocket masks, First Aid trainer packs, and Red cross certification card**

Fri – Dec 17 - 8-9:00 pm

Pre-Requisite swim / Pay / Get books

Sat – Dec 18 – Zoom Meetings 8-11:00 am, 7-9:00 pm

Sun – Dec 19 - Zoom Meetings 8-11:00 am, 12-3:00, 6-9:00 pm

Water Portion

Mon, Dec 20, 8 am to 12:00 pm

Tues, Dec 21, 8 am to 12:00 pm

Wed, Dec 22, 8 am to 12:00 pm

Thurs, Dec 23, 8 am to 12:00 pm



**American
Red Cross**