



# AMERICAN RED CROSS Lifeguard Certification COURSE

**AGES 15+**

*Job seekers please note, we hire strong candidates directly out of our classes based off applications and interviews.*

Through videos, group discussion and hands-on practice, you'll learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard. Upon successful completion, participants will receive a 2-year certification by American Red Cross. Course is located in the Multi-Purpose Pool.

**PREREQUISITES:** Must be at least 15 years old and pass a preliminary swimming test. This test includes swimming 300 yards, treading water for two minutes without hands, retrieving a ten-pound brick from a depth of nine feet, and swimming 20 yards using legs only. Minimum of 3 enrollees required for course to be held.

Dec. 28-30 | Sat/Sun/Mon | 10 a.m.-4 p.m. | \$190 Members & Non-Members | #509137  
Feb. 15-17 | Sat/Sun/Mon | 10 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509138  
March 13-15 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509139  
May 23-25 | Sat/Sun/Mon | 10 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509140  
June 19-21 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509141  
Aug. 29-31 | Sat/Sun/Mon | 10 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509142  
Sept. 25-27 | Fri, 6-10 p.m. | Sat/Sun, 9 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509143  
Nov. 27-29 | Fri/Sat/Sun | 10 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509144  
Dec. 28-30 | Mon/Tue/Wed | 10 a.m.-4 p.m. | \$225/Member, \$245/Non-Member | #509145

**REGISTRATION: 425.885.5566 | MORE INFO: 425.861.6274 | [aquaticsinfo@proclub.com](mailto:aquaticsinfo@proclub.com) | [proclub.com](http://proclub.com)**

*Ages 15 and older. Prices do not include sales tax. Registration deadline is one-week prior to the program start date.*

**PRO  
CLUB**

*Updated: 11/26/2019*