



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.

April 9-11 | Fri, 6 - 10 pm | Sat/Sun, 10 am - 4 pm

June 18-20 | Fri, 6 - 10 pm | Sat/Sun, 10 am - 4 pm

August 27-29 | Fri, 6 - 10 pm | Sat/Sun, 10 am - 4 pm

September 24-26 | Fri, 6 - 10 pm | Sat/Sun, 10 am - 4 pm

November 26-28 | Fri/Sat/Sun, 10 am - 4 pm

December 27-29 | Mon/Tue/Wed | 10 am - 4 pm

\$225/Member, \$245/Non-Member

REGISTRATION: 425.885.5566 | MORE INFO: 425.861.6274 | aquaticsinfo@proclub.com | 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: 2/18/2020