

# LIFEGUARD

## RED+CROSS TRAINING

### CERTIFICATIONS AWARDED UPON SUCCESSFUL COMPLETION:

- + Lifeguard Training
- + CPR / PR
- + AED / PR for Professional Rescuer

### PRE-REQUISITES:

- + Be able to swim 300 yards
- + Minimum age: 15
- + Retrieve a 10 pound weight from the bottom of the pool and swim 25 yards on your back without use of arms

### FEES:

- + \$160.00 (includes pool fee, texts, and materials)

### TRAINING DATES:

Monday + Wednesday + Friday ~ 3:30 to 9 p.m.

- + 11-22 May
- + 1-12 June
- + 15-26 June
- + 6-17 July

\* All class sessions are mandatory to pass the course.

\* No make-up classes or refunds offered.

### REGISTER:

- + Benyaurd Indoor Swimming Pool

23rd Street and Gunston Road

Fort Belvoir, Virginia 22060

(703) 805-2620 ~ [www.belvoirmwr.com/pools](http://www.belvoirmwr.com/pools)

