

# LIFEGUARD

## RED + CROSS TRAINING

### **CERTIFICATIONS AWARDED UPON SUCCESSFUL COMPLETION:**

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

### **PRE-REQUISITES:**

- + Minimum age is 15 years old
- + Must be able to swim 300 yards nonstop
- + Retrieve a 10 pound weight from the bottom of the pool and hold it with both hands while swimming 25 yards on back

### **FEES:**

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

### **TRAINING DATES:**

**Friday, May 7 - Sunday, May 23**

- + Fridays: 3:30 pm-9:30 pm
- + Sundays: 9 am-3:30 pm

- 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)

