

# LIFEGUARD

## RED + CROSS TRAINING

### CERTIFICATIONS AWARDED UPON SUCCESSFUL COMPLETION:

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

Fridays: 3:30 to 9:30 p.m. ~ Sundays: 9 a.m. to 3:30 p.m.

- + 16 October to 1 November
- + 9 January to 24 January
- + 12 February to 28 February
- + 5 March to 21 March

\* 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)

