

# 2024 AMERICAN RED CROSS LIFEGUARD TRAINING



**\$180 per participant**

This lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water.

To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test.

The lifeguard-training program is designed to train and to prepare individuals for the demanding occupation of a Professional Lifeguard.

## REQUIREMENTS

- Must be at least 15 years old on final day of testing
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 30 seconds

## CLASS SCHEDULE

### Palacios Pool

May 6, 7, & 10 4:30pm-7:00pm

May 12 10:00am-3:00pm

### Port Lavaca Pool

May 8 & 9 4:30pm-7:00pm

May 11 9:00am-5:00pm

Must attend all meeting times in each session to pass and receive certification. We offering two class sessions, one in each community. This makes it convenient for not having to drive to another town to become lifeguard certified. This class is in a blended format. Part of this class will be online. You will be required to complete the online portion before the second day of class.

Class size is minimum of 4 participants and maximum of 10 per class.

For more info, contact Michele Morales

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