



Lifeguard Training

What:

The Red Cross Lifeguard Training Course is for ages 15 & up (must be 15 by last class date) who can swim 300 yards. It is designed to teach Lifeguarding skills & procedures, awareness of water hazards and water safety skills. After successfully completing training, participants will receive Lifeguard & First Aid, and CPR/AED for the Professional Rescuer certifications. Instruction will be split between classroom and water time. Minimum 6 participants (max 14) or class will be cancelled 48 hours prior to training by the club.

When:

Saturday, April 14: 8am-12noon
Sunday, April 15: 12noon-5pm
Saturday, April 21: 9am-5pm
Sunday, April 22: 9am-5pm

You will need:

Lunch, towel, swim suit & change of clothes



Where:

LVTC Pool & Meeting Rooms

Cost:

Members: \$150/Nonmembers: \$190
Includes book & CPR mask

Contact:

Contact Desiree Bailey to register
(925) 443-7700
swimming@lvtc.com

All fees due at time of sign up to guarantee your spot

Registration Information:

Participant's Name _____ DOB _____ AGE _____

Address _____ Phone # _____

High School _____ Grade _____ Member # _____

Email _____ Emergency Contact & Phone # _____

