

LIFEGUARD TRAINING SCHEDULE

DATES AND TIMES

ACTIVITIES

MONDAY APRIL 12TH 7:00-8:30 pm

WRAP-UP

TEST READING ASSIGNMENT
CHAPTERS

WEDNESDAY APRIL 14TH
630-900PM

REVIEW OILINE ASSIGNMENTS
ENTRIES AND APPROACHES
WATER SKILLS PART 1 & 2

BRING PROOF OF ONLINE
COMPLETION
READING CHAPTERS 1-6

FRIDAY APRIL 16TH
500-730PM

CHOKING VICTIMS
RESCUE BREATHING
START CPR

BRING PROOF OF ONLINE
COMPLETION
READING ASSIGNMENT 7-10

SATURDAY APRIL 17TH
730-130

FINISH CPR SKILLS
FIRST AID
REVIEW WATER SKILLS

BRING PROOF OF ONLINE
COMPLETION
READING ASSIGNMENT 10-11

MONDAY APRIL 19TH
630-9:00 PM

REVIEW WATER SKILLS
EXTRACATION
SPINALS

BRING PROOF OF ONLINE
COMPLETION
READING ASSIGNMENT ALL
CHAPTERS

WEDNESDAY APRIL 21ST
6:30-9:00 PM

COMPLETE SPINALS IF NEEDED
REVIEW ALL WATER SKILLS AND
SENERIOS

BRING PROOF OF ONLINE
COMPLETION
READING ASSIGNMENT ALL
CHAPTERS

SATURDAY APRIL 24TH
7:30-2:30 PM

FINAL WRITTEN TEST

VERIFICATION OF AGE
INTRO OF PRECOURSE SKILS
PRECOURSE SWIM TEST

PLEASE BRING ID THAT SHOW
PROOTH OF AGE. GOOGLES CAN
ONLY BE WORN DURING SWIM

LIFEGUARD TRAINING SCHEDULE

Cost:	<u>Member</u>	<u>Non Member</u>
Precourse Fee	\$ 15.00	\$ 15.00
Course Fee	\$199.00	\$222.00
Red Cross cards	\$ 40.00	\$ 40.00

Sales tax will be added at time of registration.

Participants must order their own current version of the Lifeguard Training Manual & an Adult CPR training mask prior to the first day of class from redcross.org. Price does not include tax or shipping.

A CPR Training Pocket Mask may be purchased from the redcrossstore.org or other online sources.

Lifeguard Manual: \$34.99

CPR Pocket Mask



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Your instructors contact
information