

LIFEGUARD TRAINING SCHEDULE

DATES AND TIMES

ACTIVITIES

WEDNESDAY JUNE 23rd 6:00-7:30
pm

PRECOURSE SWIM TEST
WRAP-UP

TEST READING ASSIGNMENT
CHAPTERS

BRING PROOF OF ONLINE
COMPLETION

READING CHAPTERS 1-6

MONDAY JUNE 28TH
7:00AM-12:00PM

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

BRING PROOF OF ONLINE
COMPLETION

READING ASSIGNMENT 7-10

TUESDAY JUNE 29TH
7:00AM-12:00PM

CHOKING VICTIMS
RESCUE BREATHING
START CPR

WEDNESDAY JUNE 30TH
7:00AM-12:00PM

FINISH CPR SKILLS
FIRST AID
REVIEW WATER SKILLS

BRING PROOF OF ONLINE
COMPLEATION

READING ASSIGNMENT 10-11

THURSDAY JULY 1ST
7:00AM-12:00 PM

REVIEW WATER SKILLS
EXTRACATION
SPINALS

BRING PROOF OF ONLINE
COMPLEATION

READING ASSIGNMENT ALL
CHAPTERS

FRIDAY JULY 2ND
7:00AM-12:00 PM

COMPLETE SPINALS IF NEEDED
REVIEW ALL WATER SKILLS AND
SENERIOS, FINAL WRITTEN TEST

BRING PROOF OF ONLINE
COMPLEATION

READING ASSIGNMENT ALL
CHAPTERS

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



kariwoelber@my-cbrc.com

Your instructors contact
information