

## LIFEGUARD TRAINING SCHEDULE

### DATES AND TIMES

### ACTIVITIES

Monday MAY 23<sup>rd</sup>  
7:00-9:00 PM

PRECOURSE SWIM TEST

TEST READING ASSIGNMENT  
CHAPTERS

TUESDAY MAY 31<sup>ST</sup>  
4:00-9:00 PM

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

BRING PROOF OF ONLINE  
COMPLETION  
READING CHAPTERS 1-6

WEDNESDAY JUNE 1<sup>ST</sup>  
4:00-9:00 PM

CHOKING VICTIMS  
RESCUE BREATHING  
START CPR

READING ASSIGNMENT 7-10

THURSDAY JUNE 2<sup>ND</sup>  
4:00-9:00 PM

FINISH CPR SKILLS  
FIRST AID  
REVIEW WATER SKILLS

READING ASSIGNMENT 10-11

FRIDAY JUNE 3<sup>RD</sup>  
4:00-9:00 PM

REVIEW WATER SKILLS  
EXTRACATION  
SPINALS

READING ASSIGNMENT ALL  
CHAPTERS

SATURDAY JUNE 4<sup>TH</sup>  
8:00 AM-1:00 PM

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

READING ASSIGNMENT ALL  
CHAPTERS

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<b>Cost:</b>	<b><u>Member</u></b>	<b><u>Non Member</u></b>
Precourse Fee	\$ 15.00	\$ 15.00
Course Fee	\$199.00	\$227.00
Red Cross cards	\$ 41.00	\$ 41.00

*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](http://redcross.org). Price does not include tax or shipping.

A CPR Training Pocket Mask may be purchased from the [redcrossstore.org](http://redcrossstore.org) or other online sources.

Lifeguard Manual: \$34.99

CPR Pocket Mask



Your instructors: Jesse Grow