

## Lifeguard Training Christmas Break 2022

Dates & Times	Activities	Assignments Due
<b>Monday December 12<sup>th</sup></b> 7-8PM	Pre-course Swim	Bring in Proof of Age (State ID or Birth Certificate)
<b>Monday December 19<sup>th</sup></b> 8-12PM	Introduction to Course Entries and Approaches Water Skills	Complete the Blended Learning <b>BRING IN COMPLETION RECORD</b> Chapters 1-6
<b>Tuesday December 20<sup>th</sup></b> 8-12PM	Water Skills Rescue Breathing Start CPR/First Aid	Review Online Review Chapters 5-6 Read 7-10
<b>Wednesday December 21<sup>st</sup></b> 8-12PM	CPR & First Aid Choking	Review Water Skills Videos/Book Review Chapters 7-10
<b>Thursday December 22<sup>nd</sup></b> 8-12PM	Spinals, Extrication, and Review	Review water skills videos Chapters 11
<b>Tuesday December 27<sup>th</sup></b> 8-12PM	Review	Review the book and videos before class
<b>Wednesday December 28<sup>th</sup></b> 8-12PM	Final Test Day	Review the book and videos before class

\*Subject to change throughout the course

<b>Cost:</b>	<b><u>Member</u></b>	<b><u>Non-Member</u></b>
Precourse Fee	\$ 20.00	\$ 20.00
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



Instructors Information: Courtlyn Knowlton  
 courtlynknowlton@my-cbrc.com