

## Lifeguard Training December 3<sup>rd</sup>- December 17<sup>th</sup>

Dates & Times	Activities	Assignments Due
<b>Wednesday November 30<sup>th</sup></b> 7-8PM	Pre-course Swim	Bring in Proof of Age (State ID or Birth Certificate)
<b>Saturday December 3<sup>rd</sup></b> 8-12PM	Entries and Approaches Water Skills	Blended Learning 1-4 Chapters 1-6
<b>Friday December 9<sup>th</sup></b> 5-9PM	CPR & First Aid	Completed Blended Learning <b>BRING IN COMPLETION RECORD</b> Chapters 7-10
<b>Saturday December 10<sup>th</sup></b> 8-12PM	Finish First Aid Water Skills	Review Water Skills Videos/Book Review Chapters 3-6
<b>Friday December 16<sup>th</sup></b> 5-9PM	Spinals, Extrication, and Review	Review water skills videos Chapters 11
<b>Saturday December 17<sup>th</sup></b> 8-12PM	Final Test Day	Review the book and videos before class

\*Subject to change throughout the course

**Cost:**

	<u>Member</u>	<u>Non-Member</u>
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