



# **INTERESTED IN BECOMING A LIFEGUARD???** **NOW IS YOUR CHANCE!**

This course will give you all the certifications necessary to become a professional lifeguard: American Red Cross CPR/AED, First Aid and Lifeguard Training. Participants must be able to successfully complete the following skills the first day of class: Swim 300 yards (Front Crawl Stroke & Breaststroke) without stopping and retrieve a 10 lb brick in deep water. Ages 15 and up.

Fee: \$125 District, \$175 Non-District

Location: Trails Recreation Center

Class #294; session 3

Dates/Time: Monday-Friday; March 26<sup>th</sup>-30<sup>th</sup>; 9am-5pm

Please call Pool Manager, Paul Macias @ (303) 269-8429 for more information

