



# **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 Number: 294

Dates/Time:

Session 1: Monday-Friday

October 25<sup>th</sup>-October 29<sup>th</sup>

9am-5pm

Session 2: Monday-Friday

December 20<sup>th</sup>-December 24<sup>th</sup>

9am-5pm

Session 3: Monday-Friday

March 28<sup>th</sup>-April 1<sup>st</sup>

9am-5pm

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

