



Lifeguard Training Class

The American Red Cross Lifeguard Training course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion of written and skill tests, participants will receive a Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer certifications. **CLASS MIN/MAX: 4/10**

Please Register Early!

The lifeguard course is now a blended learning course, which combines online learning with in-person skills sessions. Participants will receive the link for the online learning website by the first class date.

Prerequisites:

- Swim 300 yards continuously, using front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed.
- Tread water for 2 minutes using only the legs.
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards on your back to the starting point, place object on deck and get out of pool within 1 min., 40 sec. When returning to the starting point, one must hold the 10-pound object with both hands and must keep his/ her face above the water.

WHO: Anyone, 15 years and older (Must be 15 by 9/29/19)

DAY/DATE	TIME (approximate)	TOPIC
Monday Sept. 16	5:45 - 7:00 pm	Prerequisites
Saturday Sept. 21	10:00 am – 4:00 pm	Water Entries & Rescues
Monday Sept. 23	5:30 - 8:30 pm	Breathing Emergencies, CPR & AED
Thursday Sept. 26	5:30 – 9:00 pm	First Aid, Head & Back Injuries
Sunday Sept. 29	10:00 am – 4:00 pm	Final Written, CPR & Water Skills Tests

WHERE: Byron High School Pool & Park District Conf. Room (Meet at Park District Conf Room)

FEES: \$110/residents \$130/nonresidents

INSTRUCTOR: Carrie Stralow

REGISTRATION DEADLINE: Wednesday, September 11, 2019

Register online at www.byronparks.org or at our office located within the elementary/high school complex, door #54.

