



LIFEGUARD CERTIFICATION - Cost \$185

CPR INCLUDED

Site: Girard High School
When: May 20, 21, 26, 27, & 28 : 4:00PM—8:00PM
May 23: 12:00PM—4:00PM
May 30: 8:00AM—12:00PM
Prerequisite Testing day—May 19 : 5:00PM

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue & surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate.

Prerequisites: Minimum age: 15 years

Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards; Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object - return to the surface and swim 20 yards on the back to return to the starting point; Exit the water without using a ladder or steps

RECERTIFICATION - Cost \$140

CPR INCLUDED

Site: GHS Pool/Health Room
When: March 21, 2020
Time: 8:00AM—4:00PM

This course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding. Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED Note: If the certificate is expired, participants must take the full

Sign Up: March 5, 2020 6PM-7PM at Girard High School

You can also register on line at @ www.imathlete.com

Please call the Rec Board at 774-3519 or

Email @ elkcreekrec@gmail.com for additional information.