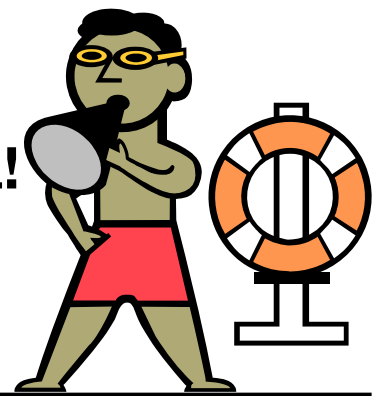


**Looking for a job?  
Become a lifeguard!**



# American Red Cross Lifeguard Training

Course includes **Lifeguard Training & First Aid** and **CPR/AED for the Professional Rescuer**.

**Prerequisites:** Minimum age of 15 & pass the precourse skills tests on Friday, December 11<sup>th</sup> at 7pm or Friday, December 18<sup>th</sup> at 7pm (see reverse side for more information on pretest skills)

**Cost:** \$125, plus *Lifeguard Training Participant* book (\$34.95) and Pocket Mask (\$12.25) to be purchased from the American Red Cross prior to class start. Contact Red Cross at 206-323-2345.

For more information please call Medgar Evers Pool (206-684-4766) or visit our website at:

<http://www.seattle.gov/parks>

**Monday –  
Wednesday**

**December 21<sup>st</sup>, 22<sup>nd</sup>,  
23<sup>rd</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>**

**9am - 4 p.m.**



**MEDGAR EVERS POOL  
500 23<sup>RD</sup> AVE  
SEATTLE, WA 98122**

Phone: 206-684-4766

<http://www.seattle.gov/parks>

**Precourse skills:**

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
  - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.
2. Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.