

# MADISON RACQUET & SWIM CLUB~LIFEGUARD CERTIFICATION COURSE WINTER 2017

AMERICAN RED CROSS

## **RED CROSS LIFEGUARD**

### **CERTIFICATION**

Interested in a great job opportunity or a challenging career as a professional lifeguard?

In the 30 hour course you will learn about teamwork, rescue / surveillance skills, First Aid, and CPR/AED for the Professional Rescuer along with other important skills necessary to work as a professional lifeguard. Successful completion results in a 2-year American Red Cross Certification in Lifeguarding which includes First Aid/CPR/AED for the Professional Rescuer.

Digital certificates are emailed to you when you have successfully completed the course requirements.

### **Prerequisites**

ALL PARTICIPANTS MUST BE :

- At least 15 years old as of last day of class.
- Able to swim at least 300 yds. continuously using front crawl and breast stroke with rotary breathing.
- Able to tread water for 3 minutes.
- Able to retrieve a 10 pound object from a depth of 7-12 feet..

### **DATES & FEES**

**December 26—30, 2017**

**Tuesday—Friday**

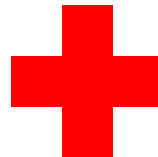
**9am-4pm**

**(MUST ATTEND ALL CLASSES)**

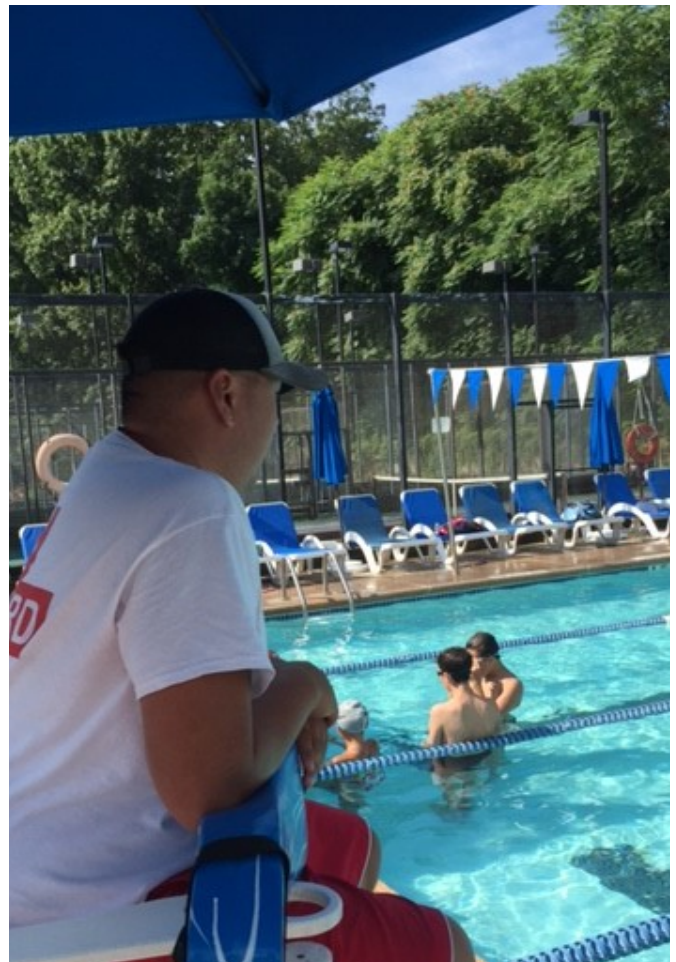
\$350.00 per person

\$150.00 Re-certification

Fee includes Digital Certification, Lifeguard Manual and CPR  
Rescue Mask



**American  
Red Cross**



For more information or to register for the course,  
please call:

203-318-1811

Or Email us at:

[Christinaforristall@madisonracquet.com](mailto:Christinaforristall@madisonracquet.com)