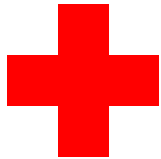


# MADISON RACQUET & SWIM CLUB~LIFEGUARD CERTIFICATION COURSE SPRING 2018

AMERICAN RED CROSS



**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)

## **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**

**April 16—20, 2018**

**Friday thru Tuesday**

**9:30am—4:00pm**

**(MUST ATTEND ALL CLASSES)**

\$350.00 per person

\$150.00 Re-certification

Fee includes Digital Certification, Lifeguard Manual and CPR  
Rescue Mask