

American Red Cross

LIFEGUARD TRAINING COURSE

Saturday & Sunday,
May 19th, 2018 & May 20th, 2018
10am to 5pm

Location: North Woodmere, NY
(Next to Valley Stream)

Phone: (718) 938-8892

Email: dwayne@safetraining.net

(Email for exact location if interested)

\$350 per person (New Certs)

\$200 per person (Renewal)

*pass or fail, fees are non-refundable

Hosted by:

S.A.F.E.R. Training, Inc.

Making Your World SAFER!

Become mentally, physically and emotionally prepared to be a professional lifeguard. Even though their main responsibility is to prevent an emergency from happening, lifeguards also acquire the necessary skills to save lives. This training also includes CPR for the Professional Rescuer and First Aid. This training is a course that consists of lectures, videos and hands on demonstrations.

Prerequisites:

Min. age: 15yrs by last day of course

300 yrds Swim

Tread water for 2mins. [legs only]

Timed event within 1min., 40secs [retrieve 10lbs object from bottom of pool and swim back to starting point]