

**LIFEGUARD**



# Lifeguard Certification



**Sundays, April 8 & 15**

**8:15 a.m.—6:45 p.m.**

**Fee: \$165 (CRC members \$155) OR**

**\$36 future CRC/Carroll Aquatic Center Staff**

*(must complete application and be pre-interviewed for hire)*

Lifeguard course provides training in lifeguarding, first aid, and CPR/AED.

This class is “blended learning” and requires about 7 hours of online work before class begins. See our website for information to get started on the online learning instructions and get started.

Must be 15 years old by last day of class.

Pre-requisite skills:

1. 300 swim (6 laps) using front crawl/freestyle and/or breaststroke, goggles allowed
2. Tread water for 2 minutes without use of hands
3. Swim timed event in 1 minute 40 seconds swim 20 yards and retrieve brick from deep water, swim back and exit pool without use of ladder/steps

**Carroll Recreation Center**

**712-792-5400**

**RecCenter@cityofcarroll.com**

**Register Online: [carrollreccenter.com](http://carrollreccenter.com)**

