



**American
Red Cross**

For more information regarding certification classes
Freedom Hall Pool – 423.461.4872

For Immediate Release:

American Red Cross Lifeguard Training Certification Classes

Local Residents who want to be certified in Lifeguarding are invited to enroll in training classes.

COST: \$150 PER PERSON

This includes: lifeguarding certification, first aid certification, CPR certification, AED certification, all books & face mask. Fee is to be paid the first day of class.

Lifeguard candidates must be at least 15 to take the course.

* For more information, registration or to sign up for a pre-test call Freedom Hall Pool at 461-4872.

Lifeguard Class Dates:

(must pass pre-test to be placed in a class)

Class 1. February 5,6,7 & 12,13,14

Class 5. April 9,10,11 & 16,17,18

Class 2. February 19,20,21 & 26,27,28

Class 6. April 23,24,25 & 30, May 1,2

Class 3. March 5,6,7, & 12,13,14

Class 7. May 7,8,9 & 14,15,16

Class 4. March 19,20,21 & 26,27,28

Classes meet: Friday 5-10 pm, Saturday 8-6 pm, Sunday 8-1 pm

PRE-TEST SCHEDULE

(must sign up in advance for pre-tests)

Monday	1/18	6:30-7:30 pm
Wednesday	1/20	6:30-7:30 pm
Thursday	1/21	6:00-7:00 pm
Saturday	1/23	10:00-11:00 am
Monday	1/25	6:30-7:30 pm
Wednesday	1/27	6:30-7:30 pm
Thursday	1/28	7:00-8:00 pm

Beginning February 6th, pre-tests will only be given on Saturday's from 10-11 am.

PRE-TEST REQUIREMENTS

- *300 meter swim (100 meters free style/front crawl with rhythmic breathing, 100 meters breast stroke with pull kick glide sequence, 100 choice free style or breast)
- *20 meter brick swim (20 meter swim, surface dive 10 feet & retrieve a 10 pound brick, surface and swim the brick back 20 meters and exit water without using ladder) *Must be done in 1 min 40 sec or less.*