



American
Red Cross

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

BECOME A LIFEGUARD!

Earn money.

Be a leader.

Save lives.

Lifeguard training class curriculum includes lifesaving skills, CPR for the Professional Rescuer, Automated External Defibrillation, and Emergency First Aid certification.

\$125 members

\$150 non-members

Class fee includes the participant book and class supplies.

A \$25 non-refundable deposit is included in the class fee.

For class dates and more information see the back of this flyer.

Contact us at 702-228-2661 ext 123 or kledoux@lifetimefitness.com

LIFETIME
THE HEALTHY WAY OF LIFE COMPANY™

Lifeguard Training Class Information and Requirements

- Student must be 15 years old by last day of class in order to register (Proof of age required on first day of class).
- All students must complete a pre-requisite skill session on the first day of class. During the skill session each student must successfully:
 1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both strokes. Swim goggles are permitted.
 2. Tread water for 2 minutes using only the legs.
 3. Complete a timed event in which the candidate must swim 20 yards, retrieve a 10lb brick from the bottom of the pool and swim 20 yards on the back to return to the starting point. Time limit: 1 minute, 40 seconds.
- **100% attendance required for all dates listed for each class session**, 80% or better on written exams and successful completion of final skill scenarios to receive certification. Certification is not guaranteed. It is the student's responsibility to attend all class sessions and successfully complete testing requirements for certification.
- All class cancellations must occur 14 days prior to class start date for a full refund. Cancellations that occur after the 14 day window will be subject to the non-refundable deposit fee of \$25. All cancellations occurring within 24 hours of the first class session will not be refunded. Refunds will not be issued for failure to attend class sessions and/or failure to complete certification.

Class Session	Class Dates	Days/Times
1	January 26, 28, 31 February 2, 4	Monday/Wednesday 4:00 p.m. – 8:00 p.m. Saturday 11:00 a.m. 6:00 p.m.
2	February 17, 19, 21, 24, 26	Tuesday/Thursday 4:00 p.m. – 8:00 p.m. Saturday 11:00 a.m. – 6:00 p.m.
3	March 7, 14, 21, 28	Saturday 9:00 a.m. – 3:00 p.m.
4	March 30 – April 3 (Spring Break)	Monday – Friday 9:00 a.m. – 3:00 p.m.
5	April 4, 11, 18, 25	Saturday 9:00 a.m. – 3:00 p.m.
6	May 4, 6, 9, 11, 13	Monday/Wednesday 4:00 p.m. – 8:00 p.m. Saturday 11:00 a.m. 6:00 p.m.
7	June 8 – 12	Monday – Friday 9:00 a.m. – 3:00 p.m.

To register, visit the Activity Center located inside Life Time Athletic – Summerlin located at 10721 W Charleston Blvd.

702-228-2611 ext 123 or kledoux@lifetimefitness.com

Activity Center Hours:



Monday – Thursday	9:00 a.m. – 6:30 p.m.
Friday	9:00 a.m. – 3:00 p.m.
Saturday	9:00 a.m. – 3:00 p.m.
Sunday	CLOSED

