



**American
Red Cross**

LIFEGUARDING



Individuals must take a pre-requisite swim assessment before being accepted into the class. The participants must swim 300 yards continuously (no stopping) using the front crawl and breaststroke. Swim 20 yards, retrieve a 10-pound object from the bottom of the pool, swim 20 yards with the object and exit the pool without using the steps within 1 minute and 40 seconds. Tread water with no hands for 2 minutes.

Location: Bluffton Indoor Pool (55 Pritchard Street. Bluffton, SC, 29910)
(843-255-6791)

Ages: Participants must be 15 years old by the last day of class.

Prerequisite Swim: Monday, July 15th from 4:00pm to 8:00pm

Class Schedule: Friday July 19th 8:00am – 4:00pm
Saturday July 20th 8:00am – 4:00pm (with a one hour lunch break)
Monday July 22nd from 8:00am – 4:00pm

Cost: Prerequisite: \$25.00 on July. 15th
Class: \$150.00 before 4:00pm on first day of class. Only the first 12 participants that pass the prerequisite swim and pay will be admitted into the class.

The class includes CPR/AED and First Aid. All materials are provided and covered in the fee. Upon successful completion of the class the students will receive certification for American Red Cross Lifeguarding and First Aid, CPR PR, and AED which will remain active for 2 years.

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