



American Red Cross **LIFEGUARD** certification

Course Location: Terrytown Country Club
1785 Carol Sue Ave, Terrytown, LA 70056

Course Requirements

- Participants must be 15 yrs old by the last day of class
- Swim 300 yds continuously
- Tread water for 2 mins using legs only
- Complete a timed event (1 min 40 sec) to swim 20 yds to retrieve a 10 lb. object from bottom of pool & swim back 20 yds with object & exit water without using steps or ladder.
- Successfully complete a skills test to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.
- Score satisfactory on end of course testing.

Course will be conducted by Greg Harris an Independent American Red Cross Certified Lifeguard Instructor. Completion of the course is in no way an offer or guarantee of Employment by TCC.

COST:

NEW CERTIFICATION: \$315

RENEWAL CERTIFICATION: \$165

Course Dates:

4/20/18: 4:30pm - 8:30pm

4/21/18: 10am - 3pm

4/27/18: 4:30pm - 8:30pm

4/28/18: 10am - 3pm (Recert Day)

* Must attend entire course to earn Lifeguard Certification

All Students enrolled in the full Lifeguard certification course will receive a textbook, a CPR mask, and a Lifeguard Hip Pack/Fanny pack.

To register for this class please email: **Student name, Date of Birth, Phone # and email**, as well as Parents if they wish to receive communications to: terrytowncountryclub@gmail.com Need 6 participants to guarantee class. Registration will close when 8 participants confirmed. Spots will be filled on a first come first served.