



Lifeguard Certification Classes

Classes

Sundays, March 3, 17, 24, 31

*Renewals only need to attend March 17

12:00 pm – 6:00 pm



**Quincy University Health & Fitness Center
18th & Oak**

If you are 15 or older and looking for a great summer job or a challenging career, one that will help you develop skills and experience that will be valued by colleges and future employers, American Red Cross Lifeguarding is the best place to start. Through classroom learning and hands-on practice, you'll learn:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills - in the water and on land
- First aid training and professional rescuer CPR - to help you prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and problem solving

Cost is \$235 for a new certification, \$130 for a renewal

Contact Mike Davis at 217-228-5032 to Register

Must be 15 years of age or older

This American Red Cross Lifeguarding certification course will provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Participants must be able to swim 300 yards continuously, tread water for 2 minutes using only the legs and complete a timed event that includes a surface dive and swimming 40 yards.

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