



is offering

# AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

**WHERE:** Northern Lehigh Swimming Pool/ Victory Park Pavilion  
Grove Street  
Slatington, Pa 18080

**WHEN:** See dates below! **New Certification: All classes are mandatory.**

**Thursday, May 22<sup>nd</sup>** 4 pm – 9 pm  
**Friday, May 23<sup>rd</sup>** 4 pm – 9 pm  
**Saturday, May 24<sup>th</sup>** 8 am – 1 pm  
**Sunday, May 25<sup>th</sup>** 8 am – 6 pm

**Recertification Day: Sunday, May 25<sup>th</sup> 8 am – 8 pm**

**COST:**           **NEW STUDENT:** \$305.00 NL/Resident                           \$381.25 Non NL/Resident  
(face mask and certification cards included)  
**RECERTIFICATION:** \$180.00 NL/Resident                           \$225 Non NL/Resident

Course conducted by a Certified American Red Cross Lifeguard Instructor and Water Safety Instructor.

If successfully passed, each student will be certified in Lifeguard, First Aid and CPR/AED for the Professional Rescuer. The course is for ages 15 and up.

**Pre-Requisite skills:**

- \*\*300-yard swim; must swim 100 yards front crawl, 100 yards breast stroke and 100 yards of front crawl and/or breast stroke. There is no time limit on the swim but must be done in a reasonable time. Goggles are allowed for the swim.
- \*\*Must be able to tread water for 2 minutes with hands under arm pits or hands out of the water.
- \*\*Must swim 20 yards swimming front crawl or breast stroke beginning in the shallow end of the pool and surface dive picking up at 10 lb object in 9 feet of water. Retrieve the object and swim 20 yards on back with both hands on object (this skill does not allow goggles to be worn and must be completed in 1 minute and 40 seconds).

**LIFEGUARD CERTIFICATION CLASS REGISTRATION FORM**