

Show the World What You're Made of — Be a Lifeguard



American Red Cross Lifeguard Training at the Berkeley Swim School

Prerequisites:

- Minimum age of 15 by the conclusion of the class
- Swim 300 yards continuously
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb. object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps within 1 minute, 40 seconds

Certification Requirements:

- Attend all class sessions
- Demonstrate competency in all required skills and activities
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80% of the questions in the three sections of the final written exam

Cost:

- \$350 per participant

Here's your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills
- Be a hero by learning lifesaving skills such as first aid and CPR
- Have fun and earn money at a job you love

May 2011 Offering

Monday May 23: 8:30am-3:30pm

Tuesday May 24: 8:30am-3:30pm

Wednesday May 25: 8:30am-3:30pm

Thursday May 26: 8:30am-3:30pm

Friday May 27: 8:30pm-3:30pm

Classes held at the Berkeley Swim School in Berkeley Heights, NJ.

To enroll in a class visit our website:



**American
Red Cross**

Colonial Crossroads Chapter

www.ccnjredcross.org