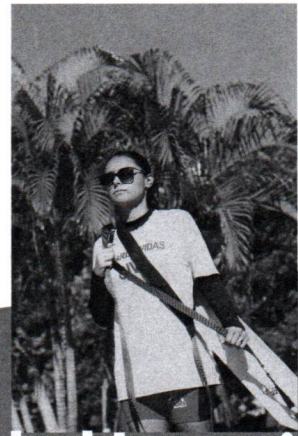


American Red Cross Lifeguard Course



Lifeguard Certification Course-Blended Learning

Blended Learning Course includes online learning module* to be completed before the 3-day skill session.

Course Date:

May 31-June 2nd

**Barcroft Pool at Callahan
Park**

Pre-Requisite Skills Test

May 17th 6pm

**University of Pittsburgh at
Bradford**

Course Schedule:

Friday 2pm-7pm

Saturday 11-7pm

Sunday 11-7 pm

*Online Learning Time is approximately 7 hours

\$175

Prerequisite Water Skills

Each candidate must be able to perform the following water skills at the Skills Test Day on May 17th. Candidates who are unable to perform any of these prerequisite water skills will not be able to continue on in the course.

- 300-yard continuous swim (12 laps)
- Tread water 2 minutes without hands
- In under 1 1/2 minutes: Swim 20 yards, then submerge to a depth of 9 feet and retrieve a 10-pound diving brick then kick on your back with brick held by two hands back to your starting point.

Contact Chelsea Schwab

814-331-3769

cakahle15@gmail.com