

# Lifeguard Classes

Get  
Certified  
Now In



**American  
Red Cross**

- Lifeguard/First Aid
- CPR/AED for Lifeguards

## LIFEGUARD CERTIFICATION CLASS:

Thursday, March 21 @ 4pm - 8pm

Friday, March 22 @ 4pm - 8pm

Saturday, March 23 @ 8am - 5pm

Sunday, March 24 @ 8am - 5pm

## LIFEGUARD RENEWAL CLASS:

Sunday, March 24 @ 8am - 5pm

Contact Karen Thompson at  
**(559) 310 - 4304 with Questions.**

Class size of 10 max participants

RECOMMEND BRINGING YOUR  
LUNCH AND SNACKS

# Only \$175

## Renewal \$125

Check payable to "Karen Thompson"

Register at Wellness Center  
**(559) 562 - 5196**



## Sign Up Today!

### PREREQUISITES:

To be eligible for the Lifeguard Training Course, the candidate must be 16 years of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming prerequisites:

- Swim 150/50 yards continuously.
- 2 - Minute tread using legs only.
- Retrieve a 10-lb dive weight from 7 ft deep, surface and swim 20 yds with the weight, using legs only and exit pool without using a ladder within 140 seconds.

NO REFUNDS WILL BE GIVEN FOR FAILURE TO COMPLETE PREREQUISITES OF LIFEGUARD CERTIFICATION REQUIREMENTS.

COMPLETION OF THESE CLASSES DOES NOT GUARANTEE EMPLOYMENT WITH THE CITY OF LINDSAY.

860 N Sequoia Ave. Lindsay, CA