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BSA / Red Cross Lifeguard Training

(3 Saturdays)

March 9, 16 & 23 from 9 am to 3 pm

Cost \$250 per person

at Cabrillo Youth Center

Please bring your lunch, no meal provided

Prerequisites:

- Proof of age (15)
- Written evidence of fitness for swimming activities
- Swim continuously for 550 yards in good form using the front crawl or breaststroke or a combination of either, but swimming your back or side is not allowed.
- Immediately following the above swim, tread water for two minutes, using the legs only
- Starting in the water, swim 20 yards using a front stroke, breaststroke, surface 7 to 10 feet retrieve a 10 lb. object, surface, and swim on your back for with the object 20 yards on your back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.

You will be learning the skills and requirements for a BSA lifeguard and American Red Cross Lifeguard training.

CANCELLATION POLICY:

Up until 30 days prior to camp/event:

- cancellation fee of 25% of total reservation cost for each spot dropped
- after that, no refunds will be provided
- balance in full due

For more information:

Program Director: Pam Sanders Craft 310-831-1984

Camping Support: 626-351-8815 Danette at Ext. 241 or Sonia at Ext. 249

GL Code: 713

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