

**SIGN UP ONLINE AT [WWW.GLAACBSA.ORG](http://WWW.GLAACBSA.ORG)**



**2020 BSA and American Red Cross Lifeguard Training  
@ Cabrillo Youth Center**

**(3 Saturdays)  
March 7, 14 & 21 from 10 am to 3 pm**

**Cost \$250 per person**

**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 on 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 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: 213 413-4400 Danette at Ext. 367

**SIGN UP ONLINE AT [WWW.GLAACBSA.ORG](http://WWW.GLAACBSA.ORG)**