

Lifeguard Certification Course

Tomah Aquatic Center

Description:

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Prerequisites:

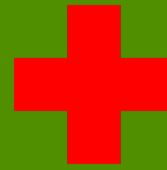
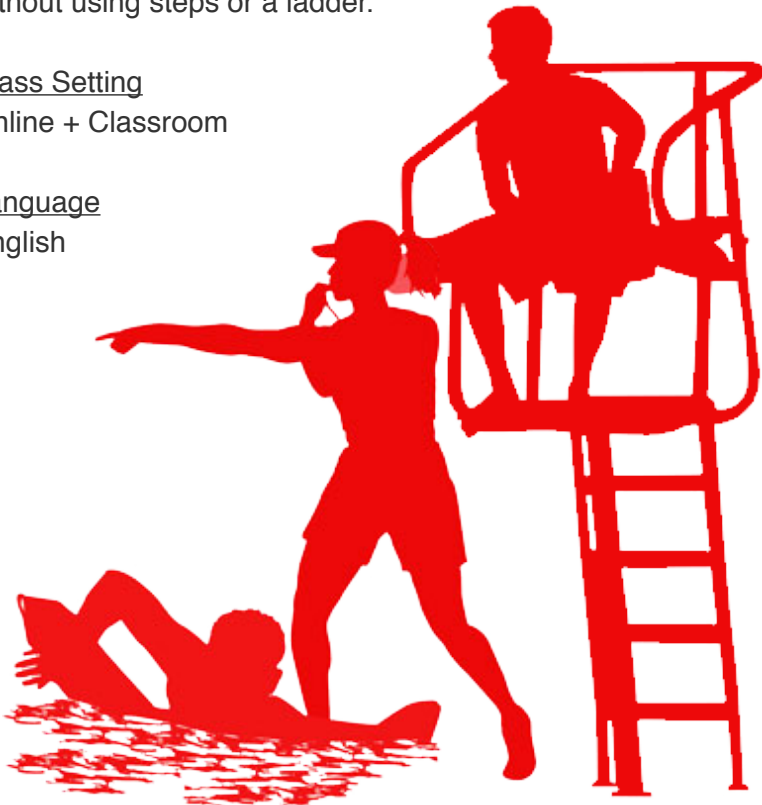
Minimum age: 15 years by the end of the course; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Class Setting

Online + Classroom

Language

English



**American
Red Cross**

To achieve certification:

- Attend all course days & times listed below
- Pass pre-tests
- Pass written & tactical exams

Course Days & Times

Sunday, June 3
@ 12:00 PM - 5:00 PM

June 4 - 8
@ 5:00 PM - 8:30 PM

Location

411 East Holton St.
Tomah WI 54660

Provider

American Red Cross Instructor
Leah Burns

leahnoelburns@gmail.com
608-769-7171 after 5PM

Fee
\$250.00

Course fee reimbursed through
summer employment at the
Tomah Aquatic Center

Registration Deadline
MAY 21st