



The American Red Cross

Lifeguard Certification Course

The Alaska Club East

Cost (includes training, books, materials, and one-way valve mask)
Employees \$200 Members \$225 Nonmembers \$250

Prerequisites

- 15 years of Age or Older
- Must be able to swim 300 yards
- Must be able to dive down to 10ft. of Water

The Lifeguard Certification Course will be taught to American Red Cross Standards, and will provide you with everything you need to be a Certified Lifeguard.

Session 1

20 May 6–9:30pm
21 May 11am–8pm
22 May 1–8pm
23 May 11am–8pm

Session 2

15 July 6–9:30pm
16 July 11am–8pm
17 July 1–8pm
18 July 11am–8pm

Certification:

- American Red Cross Lifeguarding
- American Red Cross CPR for the Professional Rescuer/AED
- American Red Cross AED Essentials

Skills

- Patron Surveillance
- Victim Recognition
- Rescue Skills
- CPR for Professional Rescuer/AED
- First Aid
- Caring for head, neck and back injuries



THE ALASKA CLUB

Register at The Alaska Club East front desk, or contact Jeanette Hatten at 330-1151.
Completion of this course does not guarantee employment at The Alaska Club.