



**American
Red Cross**

Lifeguard Training Course

At Fuller Hall in Webster City

Registration Information:

- Class size: Minimum 6 – Maximum 12, first come first serve basis
- Age: Candidate must be 15 years of age by Feb. 23rd, 2020.** ID required first night of class.
- Registration Deadline: now – Feb. 21st, 2020**
- Fee: \$175.00** (includes all materials used during training) is due upon registration,

- Registration and payment will be taken at the Fuller Hall 625 Bank St. Webster City, Ia. 50595 or the phone # is 515-832-9193, cell 515-297-1691 for more information contact Larry Flaws

Pre-Course Swim Test – Is given the first night of class. Students must successfully complete:

1. **Swim 300 yards continuously**, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing
 - 100 yards of breaststroke using pull, breathe, kick and glide sequence.
 - 100 yards of either front crawl or breaststroke or a combination of both.

2. **Timed event.** Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 - 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps **within 1 minute, 40 seconds.**

**Course will be held at – Fuller Hall Recreation Center
625 Bank Street
Webster City, IA 50595**

Dates and Times – Attendance is MANDATORY!

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| <input type="checkbox"/> Sunday, February 23 | 5:00am -9:00pm Pre-course test, Lifeguard skills |
| <input type="checkbox"/> Thursday, February 27 | 6:00pm - 10:00pm Lifeguard skills |
| <input type="checkbox"/> Sunday, March 1 | 5:00pm -9:00pm CPR, first aid and AED |
| <input type="checkbox"/> Wednesday, March 4 | 6:00pm - 10:00pm CPR Final, and LG skills |
| <input type="checkbox"/> Saturday, March 7 | 9:00am – 12:00pm Final testing and skill scenarios' |

Course Materials – Please bring the following everyday.

Writing/Study Supplies (pens/pencils, paper, etc.)
Swimsuits, towels, and warm clothes to change into
Lifeguard Training book (issued after completion of the pre-course swim test)