

American Red Cross Lifeguard Training



Course provided by Premier Athletic Club

Each class is a full American Red Cross Lifeguarding certification course including First Aid, CPR for the Professional Rescuer and AED training.

2023

All participants must be 15 years or older and show PROOF OF AGE at the Pretest testing, which will be at the start of the class. (see back for details)

You must attend all scheduled classes.

Each course begins with a Pretest skill evaluation. You must be able to complete the following activities in order to continue the certification:

1. Swim 300 yards (12 lengths) continuously, demonstrating the Front Crawl, and Breaststroke.
2. Timed Brick test
3. 2 minute legs only tread

We strongly recommend participants practice swimming before the course begins.

A minimum of 3 participants are required for the course to run.

Cancellation is required 48 hours prior to the start of the Pretest in order to receive a refund.

PLEASE SEE BACK FOR UPCOMING PRETEST AND CLASS DATES AND TIMES



For more information contact

Ileana Bushell at

739-7755 ext. 115

or email: ibushell@premierathletic.com

Lifeguard
Certification Course Price:
\$525
Lifeguard Recertification:
\$240
CPR Recertification:
\$100
ALL MATERIALS AND FEES INCLUDED

LIFEGUARDING CERTIFICATION CLASS DATES

FEBRUARY

Pretest Sunday, February 19 10am *Or by app.*

CLASSES: Thursday, February 23 4-9pm
Friday, February 24 12-7pm
Saturday, February 25 10:30am-4pm
Sunday, February 26 1:30-4pm

Pretest Sunday, March 26 1pm *Or by app.*

APRIL

CLASSES: Saturday April 1 9am-7pm
Sunday, April 2 1-4pm
Monday, April 3 9-6pm

MAY

Pretest Tuesday, May 9 6pm

CLASSES: Thursday, May 18 4-9pm
Friday, May 19 4-9pm
Saturday, May 20 10am-4pm
Sunday, May 21 10am-4pm

JUNE

Pretest Tuesday, June 6 6pm

CLASSES: Friday, June 16 4-9pm
Saturday, June 17 9am-6pm
Sunday, June 18 9am-6pm

Please Register with Payment at the Front Desk

Name: _____ Date of Birth: _____ Age: _____

Address: _____

City/State/Zip Code: _____

Home Phone# _____ Cell# _____

E-Mail: _____

Lifeguard Training Full Course: \$525 __ Lifeguard Recertification: \$240 __ CPR Recertification: \$100 __

Method of Payment: Amount Paid: _____ Cash _____ Check # _____ H/C _____ Credit Card _____ Gift Certificate _____

I hereby waive and release rights/claims for damages I may have against the Premier Athletic Club and its employees, and all injuries that may be suffered in connection with participation in the Lifeguard Training Course and Pretest.

Signature _____ Date _____



Please check here if you would like membership information.

E-mail address (please print) _____