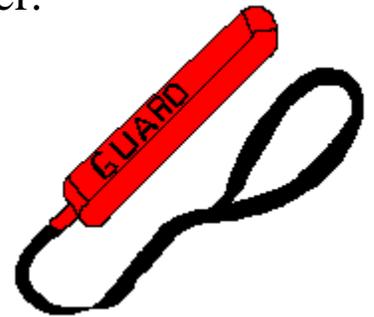


Lifeguard Training Class

The Bellevue Aquatic Center is offering an American Red Cross Lifeguard training class this winter. Participants can earn Red Cross Certifications in; Lifeguarding, First Aid, AED, and CPR for the Professional Rescuer.

Dates/Times: Sat. Feb 22 9:30-5, Sun Feb 23 9:30-5,
Sat Mar 1 9:30-5, Sun Mar 2 9:30-5,
Sat Mar 8 9:30-5, Sun Mar 9 12-6
Course # 78679



Ages: must be 15 years of age or older by Mar 9 2014

You must be able to:

- Swim 300 yards of Crawlstroke and Breaststroke
- Swim 20 yards, retrieve a 10# brick from the bottom of the pool and return to your starting point.
- Tread water with no hands for 2 minutes

Course Fee: \$180.00 plus Materials

Participants must obtain a lifeguard participants manual and a pocket mask from:
The American Red Cross

<http://www.redcrossstore.org>

Manuals may be downloaded from the Red Cross website

The Aquatic Center is located at:

601 143rd Ave Ne

Bellevue, WA 98007

For Questions- Contact Patrick Simmons @ (425) 452-4444

