

Lifeguard Training Class

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

Dates/Times: Sun. Nov 4 9-5:30, Sat. Nov 10 9-5:30,
Sun. Nov 11 9-5:30,
Course # 000855-4

Ages: must be 15 years of age or older by Nov 11 2018

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

To register, visit www.register.bellevuewa.gov or call (425) 452-4444

