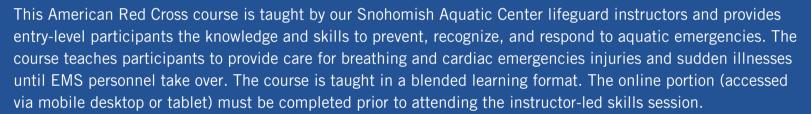
LIFEGUARD TRAINING COURSE AT THE SNOHOMISH AQUATIC CENTER

Upcoming Session

- Friday, December 20- Monday, December 23
 - Friday, December 20- 1-9 p.m.
 - Saturday, December 21- Monday December 23- 9 a.m.-5 p.m.

Participants will need to attend all dates in order to receive certification.

\$250 for certification. This includes a \$50 fee for the cost of the certification charged by the American Red Cross.



Requirements:

- Must be 15 years or older to register
- 100% attendance for all in-person training days and completion of the online portion of the course is required in order to receive certification
- A swimming assessment will be required on the first day of training. The assessment consists of:
 - 150-yard swim using either front crawl, breaststroke or a combination of both, followed by 2 minutes of treading water using only the legs, followed by a 50-yard swim using front crawl or breaststroke.
 - Swim 20 yards, dive no less than 10 feet, and retrieve an object weighing 10 pounds. Return to the starting point keeping both hands on the object, and the face out of the water. Remove the object, and then exit the pool without using stairs or a ladder

Register at: www.sno.wednet.edu/aquaticcenterregistration



516 Maple Avenue, Snohomish, WA 98290 360-568-8030 www.snohomishaquatic.com

NFEGUARD

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