

LIFEGUARD TRAINING COURSE AT THE SNOHOMISH AQUATIC CENTER

December Session:

- **Saturday, December 27- Tuesday, December 30**
 - **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.

This American Red Cross course is taught by our Snohomish Aquatic Center lifeguard instructors and provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. The course teaches participants to provide care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. The course is taught in a blended learning format. The online portion (accessed via mobile desktop or tablet) must be completed prior to attending the instructor-led skills session.

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



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