

AMERICAN RED CROSS LIFEGUARD TRAINING IN LEE COUNTY SPRING 2010

Pre-Course swimming test:

Participants must be at least 15 years old and be a proficient swimmer. *All participants no matter what facility are required to pass a pre-course swimming test in order to continue with the rest of the course.* This test requires that you swim 300 continuous yards (100 yards of Freestyle (front crawl), 100 yards of Breaststroke, 100 yards of any combination of those two strokes). You must also swim 20 yards (either Freestyle or Breaststroke), retrieve a 10-pound object from 7-10 feet of water, and return 20 yards while holding it above the water with both hands and keeping your head above water.

You must attend all sessions in order to successfully complete this course. In the case of an emergency, make-up dates can be arranged with the instructors (*at the instructor's discretion*).

Swimsuit, towel, a change of clothes, pen and paper, and your lifeguard manual (once you have received it) should be brought to each and every class session unless otherwise instructed.

■ Moore's Mill Golf Course & Swimming Pool – Instructor Michael Rogers

The cost for this class is \$165.00, which includes the price of your Lifeguard Training Manual, resuscitation mask, rental fees for necessary equipment, and pool fees. The Lifeguard Training class will take place at Moore's Mill Swimming Pool, located on Moore's Mill Road in Auburn, Alabama. The times and dates for the class are listed below:

Monday, April 12	4:00pm – 8:00pm	Pre-Course
Tuesday, April 13	4:00pm – 7:00pm	
Wednesday, April 14	4:30pm – 8:00pm	
Thursday, April 15	4:30pm – 8:00pm	
Friday, April 16	4:30pm – 8:00pm	
Saturday, April 17	10:00am – 5:30pm	
Sunday, April 18	12:30am – 2:30pm	

Michael Rogers at michaelstar82@hotmail.com

■ Opelika Sportsplex – Instructor Mandy Johnson

Opelika Parks and Recreation is now offering American Red Cross Lifeguarding Classes to all those interested in becoming a lifeguard. To become certified you must take a 30 hour lifeguard training course. We are offering two sessions of lifeguard class this spring. The cost for this class is \$170.00 and includes: training manual, CPR mask, and Lifeguard/CPR cards.

Session I

April 19-30 Monday –Friday 4:00pm-8:00pm

Session II

May 10 – 20 Monday – Friday 4:00pm-8:00pm

1001 Andrews Road
Opelika, Alabama 36801
334-705-5560

■ Auburn University Outreach, James E. Martin Aquatics Center Instructor: Jacob Weir

The program fee includes a \$40 non-refundable fee for the swim test that will be administered at the beginning of the course. (You must swim 300 yards; 100 yards freestyle; 100 yards breast; and the last 100 of your choice, and retrieve a 10 lb object from the pool and swim with it for 20 yards. Please be sure you can do this before enrolling) Participants MUST pass the swim test in order to continue with the course.

Fee covers all pool use and instruction.

Lifeguard Certification and First Aid are for 3 years; CPR/PR Certification and AED are for 1 year. Course participants will need a training manual and pocket mask - these may be purchased from the instructor at the first class meeting for a total of \$52 (Book \$35, Mask \$12 and cards \$5). Checks should be made out to the American Red Cross for equipment.

Monday, April 5 from 5:30-9:00 PM
Tuesday, April 6 from 5:30-9:00 PM
Wednesday, April 7 from 5:30-9:00 PM
Friday, April 9 from 5:30-9:00 PM
Saturday, April 10 from 8:00 AM-12:00 & 1:00-5:00 PM
Sunday, April 11 from 1:00-5:00 PM
Monday, April 12 from 5:30-9:00 PM
Tuesday, April 13 from 5:30-9:00 PM

Category	Description	Amount
Course Fee (Basic)	Early Bird Fee	200.00
Course Fee (Alternate)	AU Student Early Bird Fee	185.00
Course Fee (Alternate)	Registration Fee	210.00
Course Fee (Alternate)	AU Student Fee	195.00

Outreach Program Office - Auburn University
301 OD Smith Hall
Auburn University, AL 36849
334-844-5100
Hours: 7:45 a.m. - 4:45 p.m.
opo@auburn.edu