

Interested in a great summer job or a challenging career as a professional waterfront lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. This course is offered at a discount rate of \$175 and will be located at the East Sidney Lake.

## June

11	12	13	14
Thursday	Friday	Saturday	Sunday
Presentation	Swim		
Video	Assessment	9am-12pm	9am-12pm
6-9	6-9	lpm-5pm	lpm-5pm

## Prerequisites:

- Must be at least 15 years old
- Swim 550 yards (275 yards front crawl, 275 yards breast stroke)
- Timed brick event (20 yard swim, surface dive, retrieve a 10lb brick from 9 feet water, swim the brick on back to start with two hands and face out of water, place brick on side of pool and climb out. This event must be competed in 1 minute and 40 seconds)
- Tread water for two minutes without hands

## Email to register and for questions

Waterfront Lifeguard Course June 11-14 Eastsidneylake@gmail.com	Waterfront Lifeguard Course June 11-14 Eastsidneylake@gmail.com Waterfront Lifeguard Course June 11-14 Eastsidneylake@gmail.com	Waterfront Lifeguard Course June 11-14 Eastsidneylake@gmail.com Waterfront Lifeguard Course June 11-14 Eastsidneylake@gmail.com	terfront Lifeguard urse June 11-14 dneylake@gmail.com terfront Lifeguard urse June 11-14 dneylake@gmail.com	Eastsidneylake@gmail.com  Waterfront Lifeguard Course June 11-14  Eastsidneylake@gmail.com
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