

LIFEGUARD TRAINING

Plantation Aquatic Complex
9151 NW 2nd Street, Plantation
954-452-2525

Become a professional
American Red Cross
certified lifeguard.

SPRING BREAK
CLASS
April 9-13
Monday - Friday
8 am - 5 pm
*Get certified
in one week!*

Course includes latest American Red Cross training for:

- CPR for Lifeguards
- AED
- First Aid
- Managing spinal injury
- Surveillance techniques
- Use of rescue equipment for water rescues
- Preventing Disease Transmission

Candidates for Lifeguard Training must meet the following prerequisites—

- ✓ Be a strong swimmer.
- ✓ Be at least 15 years old.
- ✓ Swim 300 yards continuously using 100 yards of front crawl, 100 yards of breaststroke, *plus* front crawl or breaststroke, or a mix of each of them, for the last 100 yards.
- ✓ Surface dive in water at least 7 ft. deep to retrieve a 10 lb. object and return to surface; exit water without stairs or ladder in 1 min 40 sec.

2012 LIFEGUARD CLASS SCHEDULE

New class each month on the following dates:

Feb 7-25	Mar 6-24	Apr 3-21
May 1-19	June 5-23	July 10-28
Aug 7-25	Sep 4-22	Oct 2-20

Tuesdays & Thursdays from 6:00 - 9:00 p.m.
& Saturdays from 9:00 a.m. - noon

Course approximately 33 hours plus 1½ hour pre-course session.

RESIDENTS:
\$221.00 *
NON-RESIDENTS:
\$226.00 *
* includes \$5
Registration

Challenges for
CPR-PR and/or
Lifeguard
Training also
available—call
954-452-2525
for details.

The City of Plantation provides reasonable accommodations for disabled individuals requesting special assistance in order to attend or participate in meetings, classes or events, provided however that a request for such assistance is made to the Parks & Recreation Dept. 954-452-2507 at least five (5) calendar days prior to the meeting, class or event. All City of Plantation brochures, programs and pamphlets are available in alternative format upon request. Please call 954-797-2648.