

American Red Cross Lifeguard Training Classes Available

Skills Certification:

Cardiopulmonary Resuscitation (CPR) • Water Rescue
Automated External Defibrillator (AED) • First Aid Treatment

Cost: \$150 Scholarships are available through the Irving Parks and Recreation Aquatic Division



Lifeguard Classes — one session required

- Feb. 17, 18, 19 (8:30 a.m. -6:00 p.m.)
- March 12, 13, 14 (8:30 a.m.-6:30 p.m.)
- March 15, 16 (9 a.m.-3 p.m.) / Red Cross Review Class/Update
- March 21, 22, 23 (5-9 p.m.) and 24, 25 (8:30 a.m.-6 p.m.)
- April 11, 12, 13 (5-9 p.m.) and April 14, 15 (8:30 a.m.-6 p.m.)
- April 27, 28, 29 (8:30 a.m.-6 p.m.)
- May 9, 10, 11 (5-9 p.m.) and May 12, 13 (8:30 a.m.-6 p.m.)
- May 23, 24, 25 (5-9 p.m.) and May 27, 28 (8:30 a.m.-6 p.m.)

Course Pre-requisites:

Students must be 15 years of age or older and complete a swim test one week prior to class start or must have instructor approval. • Swim 300 yards. • Retrieve a 10-pound brick from a 7- to 10-foot depth, followed by a 20-yard return carrying the brick. • Tread water for two minutes, no hands.

Contacts:

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CityofIrving.org/Lifeguard

