

American Red Cross

# LIFEGUARD TRAINING

Grosse Pointe Woods  
Community Center/GPN Pool  
March 21 – April 30, 2011

## Class Schedule

Monday, March 21	6 p.m. – 9 p.m.
Wednesday, March 23	6 p.m. – 9 p.m.
* Saturday, March 26	12 p.m. – 4 p.m.
Monday, March 28	6 p.m. – 9 p.m.
Wednesday, March 30	6 p.m. – 9 p.m.
* Saturday, April 2	12 p.m. – 4 p.m.
Monday, April 4	6 p.m. – 9 p.m.
Saturday, April 9	12 p.m. – 4 p.m.
Monday, April 11	6 p.m. – 9 p.m.
Wednesday, April 13	6 p.m. – 9 p.m.
* Wednesday, April 27	6 p.m. – 9 p.m.
* Saturday, April 30	12 p.m. – 4 p.m.



\* In-water session held at Grosse Pointe North Pool, 707 Vernier Road

Due to the compressed class schedule, participants must attend each session. No make-up classes will be scheduled.

### PURPOSE

- To teach the skills and knowledge needed to prevent and respond to aquatic emergencies
- To prepare candidates to recognize and respond quickly and effectively to emergencies and to prevent drownings and injuries

### PREREQUISITES

- Must be 15 years old by April 30, 2011
- Must be able to swim 500 yards using front crawl and breaststroke
- Must be able to dive to a depth of 13 feet to retrieve a 10-pound brick

### REGISTRATION

- The cost is \$200/applicant (includes books & materials)
- To register, contact the Community Center office at 313-343-2408, before March 18, 2011

\*\*This class is subject to cancellation depending on the number of participants\*\*