

American Red Cross Lifeguard Training For Scouts and Scouters 2017



Do you need training for your Lifeguarding job for the summer?

Dates/Times

May 15 Registration Deadline!!

May 21 1-3 pm, Blu Water Scuba Aquatic Center, 9446 Taney Road; Manassas, VA 20110
- Prerequisite swim test and orientation

June 10-11 & 17-18 9am-5pm 9446 Taney Road; Manassas, VA 20110

Note: You must attend ALL sessions to complete the course

This course will use the Red Cross blended learning option that requires approximately 7 1/2 hours of online study before June 10. This allows us to reduce the amount of time needed for the pool-side classes.

Certification Earned

You will earn the following certification by successfully completing this course:

-American Red Cross Lifeguarding/First Aid/
CPR/AED

Cost: \$220

\$20 to Red Cross
\$200 to Blu Water Scuba

What do you need:

- You must be at least 15 years old
- You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards, including at least 100 yards of each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke. Immediately following the swim you must tread water for two minutes using no hands (your hands must be under your armpits).
- You must be able to, starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds.
- You will need to bring a bag lunch for each day of the weekend sessions.



**American
Red Cross**

**Register early since the course is
limited to the first 8 participants!**

Registration: send email to bluwaterscuba@gmail.com or call 571-379-7000