



American Red Cross Lifeguard Certification Course

Job seekers please note, we hire strong candidates directly out of our classes based off applications and interviews.

Through videos, group discussion and hands-on practice, you'll learn water rescue, First Aid, CPR and other skills needed to work as a professional lifeguard. Upon successful completion, participants will receive a 2-year certification by American Red Cross. Course is located in the Deep Water Pool.

PREREQUISITES: Must be at least 15 years old and pass a preliminary swimming test. This test includes swimming 300 yards, treading water for two minutes without hands, retrieving a ten-pound brick from a depth of nine feet, and swimming 20 yards using legs only. Minimum of 3 enrollees required for course to be held.

April 6-8

Registration Deadline: Saturday, March 30

Saturday-Monday

10 a.m.-4 p.m.

\$190 + tax

REGISTRATION: (425) 885-5566 | MORE INFO: (425) 861-6274, aquaticsinfo@proclub.com | proclub.com

Ages 15 and older. Members only. Prices do not include sales tax. Registration deadline is one-week prior to the program start date.

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