

# San Mateo Athletic Club

# American Red Cross

## LIFEGUARD CERTIFICATION

### SESSION DATES:

FEB. 17 - 19

APRIL 7 - 9

APRIL 21 - 23

MAY 19 - 21

MAY 26 - 28

JUNE 2 - 4

JUNE 9 - 11

### TIMES:

Friday: 6 - 10pm

Sat & Sun: 10 - 6pm

### SIGN UP TODAY!

#### Cost:

\$250 for SMAC members

\$275 for guests



## Are you ready to be a lifeguard?

### To register contact the Aquatics Office

### at (650) 378-7383 or [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu)

**Course Description:** Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

**PLEASE NOTE:** Course participants must be at least 15 years old. They must be able to swim 300 yards (freestyle), tread water without using their hands for 2 minutes, complete a timed event and retrieve a brick in 7 feet of water. If you are not a strong swimmer, please take swimming lessons before the lifeguard training class. To successfully complete the course, participants must attend all sessions, score at least 80% on two written tests and pass the practical portion of the exam.