



AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION

Course Description and Details:

This is a fast-paced review course with the main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues).

Participants must be currently certified or have successfully completed an American Red Cross Lifeguard Training course within the last two years. Successful completion results in a 2-year certification renewal. Digital certificate available upon successful completion of course.

Cost:

\$125 for San Mateo Athletic Club members or \$150 for non-members. Registration closes three days before each class begins.

Please note:

Course participants must be at least 15 years old. They must be able to swim 300 yards of freestyle, tread water without using their hands for 2 minutes and retrieve a brick in 7 feet of water.

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.



2018 CLASS DATES & TIMES

Choose one session:

Feb. 10th

March 31st

May 5th

June 30th

Days & Times:

Saturdays

Begins @ 10am

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