

American Red Cross Lifeguard Training Classes Available

Skills Certification:

Cardiopulmonary Resuscitation (CPR) • Water Rescue
Automated External Defibrillator (AED) • First Aid Treatment

Cost: \$150 Scholarships are available through the Irving Parks and Recreation Aquatic Division



Lifeguard Classes — one session required

- Sept. 26, 27 (5-9 p.m.) 28, 29 (8 a.m.-7 p.m.)
- Oct. 11, 12, 13 (8 a.m.-6:30 p.m.)
- Nov. 25, 26, 27 (8 a.m.-6:30 p.m.)
- Dec. 26, 27, 28 (8 a.m.-6:30 p.m.)
- Jan. 2, 3, 4 (8 a.m.-6:30 p.m.)
- Feb. 14, 15, 16 (8 a.m.-6:30 p.m.)
- March 13, 14, 15 (8 a.m.-6:30 p.m.)
- March 16, 17, 18 (8 a.m.-6:30 p.m.)
- March 20, 21, 22 (8 a.m.-6:30 p.m.)
- April 15, 16 (5-9 p.m.) 17, 18 (8 a.m.-7 p.m.)
- May 7, 8 (5-9 p.m.) 9, 10 (8 a.m.-7 p.m.)

Course Prerequisites:

Students must be 15 years of age or older and complete a swim test one week prior to class start or must have instructor approval. • Swim 300 yards. • Retrieve a 10-pound brick from a 7- to 10-foot depth, followed by a 20-yard return carrying the brick. • Tread water for two minutes, no hands.

Contacts:

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CityofIrving.org/Lifeguard

