



REGISTER HERE:



AMERICAN RED CROSS LIFEGUARD INSTRUCTOR CERTIFICATION COURSE

Lifeguarding Prerequisites: Successfully complete the two prerequisite swimming skills evaluations: Prerequisite 1: Swim 150 yards using the front crawl, breaststroke or a combination of both. Tread water using only the legs for 2 minutes swim 50 yards. Prerequisite 2: Complete a timed event within 1 minute, 40 seconds. Swimming 20 yards, surface dive to retrieve a 10-pound object, swim 20 yards on the back, and exit the water.

ARC LIFEGUARD INSTRUCTOR TRAINING - 2 YEAR

Course Code	Location	Days	Dates	Time	Price
264441-PG01	Pleasant Grove Pool	WED - SUN	MAR 12 - MAR 16	8:00AM - 5:00PM	\$275.00

POOL LOCATION: Pleasant Grove Pool 8304 Alto Garden, Dallas, TX 75217 *Class is Off Friday



**NOW HIRING
LIFEGUARDS
\$19.00/HR MIN.
TEXT OR CALL
214-671-SWIM**

Aquatic Services 214.670.1926
Partnership Program 214-587-2868
10031 E. Northwest Hwy.
Dallas, Texas 75238