



**American  
Red Cross**

## **Lifeguard Certification Course**

Successful completion of the course includes a 2 year certification in Lifeguarding for the Professional Rescuer, CPR, AED, and First Aide. You will receive a pocket mask and whistle. A Lifeguarding manual will be available for your use. A link to online required training will be provided upon registration.

**When:** Friday, May 18<sup>th</sup> 5:00 p.m.-9:00 p.m.  
Saturday, May 19<sup>th</sup> 9:00 a.m. – 5:00 p.m.  
Sunday, May 20<sup>th</sup> 9:00 a.m. – 5:00 p.m.

**Where:** Adams Ridge Community Pool  
100 Adams Ridge Blvd, Mars PA

**Cost:** \$200 for a 2 year Certification (new lifeguards)  
\$35 for a Lifeguard Manual (or borrow one for free)  
\$100 for a 2 year re-certification (previously certified)  
Re-certifications only need to attend Sunday

**Pre-Requisites:** Must be at least 15 years old  
Pre-test: swim 300 yards non-stop, 2 minutes of treading water using legs only, retrieve a 10 pound weight from the deep end and swim it back 20 yards, on your back keeping the head above water.

**Certification Requirements:** Complete all online training. Complete all classroom training, proficient in all rescue and back boarding exercises, CPR, AED and First Aide. Pass a multiple choice test (70 questions) with an 80% or better. Contact the Instructor to reserve your spot today, space is limited to 10 participants.

**American Red Cross Instructor:** Edna Spang, 412-225-7860  
[Spang.edna@gmail.com](mailto:Spang.edna@gmail.com)