



LIFEGUARD TRAINING

ABOUT

The Centre and American Red Cross are conducting Lifeguard Training. Training is provided in CPR, First Aid & Water Rescues. Candidates must be 15 yrs. old, attend all sessions, complete a skills test in water and on land using skills taught in class with CPR and First Aid, and pass a written exam with an 80%.

INFORMATION (PN510210)

Session 12 *Registration Deadline: November 28*

Wednesday, December 5 6:00 PM–9:30PM
Saturday, December 8 & 15 8:00 AM–4:00 PM
Sunday, December 9 8:00 AM–3:00 PM
Sunday, December 16 8:00 AM–1:00 PM

Session 01 *Registration Deadline: December 27*

Thursday, January 3 6:00 PM–9:30 PM
Saturday, January 5 & 12 8:00 AM–4:00 PM
Sunday, January 6 8:00 AM–4:00 PM
Sunday, January 13 8:00 AM–2:00 PM

Session 02 *Registration Deadline: February 20*

Wednesday, February 27 6:00 PM–9:30 PM
Saturday, March 2 & 9 8:00 AM–4:00 PM
Sunday, March 3 8:00 AM–4:00 PM
Sunday, March 10 8:00 AM–2:00 PM

Session 05 *Registration Deadline: April 24*

Wednesday, May 1 6:00 PM–9:30 PM
Saturday, May 4 & 11 8:00 AM–4:00 PM
Sunday, May 5 8:00 AM–4:00 PM
Sunday, May 12 8:00 AM–2:00 PM

Fee: \$185

Ages: 15 & Older

Contact Mitch Lewis, Aquatics Manager, mlewis@rollacity.org
Natatorium 573.341.2386 EXT. 6930 for additional information.



THE CENTRE
ROLLA'S HEALTH & RECREATION COMPLEX