



**AMERICAN
RED CROSS**

Lifeguard Training FULL Course (\$330)

(Location of Course: 34075 Fremont Blvd, Fremont, CA 94555)

9/12, 9/19, 9/26

from 8a-4p (with a 30 minute break)

Deadline for Registration: By 09/10/2021 or first 10 sign-ups (Spaces are limited)

Qualifications: Must be 15 years of age by the last day of class. Must be able to do the following three prerequisites on the first day:

Prerequisites Part 1: 300yd swim (front crawl/ breaststroke/or combination of both)

Prerequisite Part 2: Tread water for 2 minutes without arms

Prerequisite Part 3: Swim 20yd using front crawl or breaststroke, surface dive & retrieve a 10lb brick from 7 ft water, return 20 yd to side of pool, and exit pool – *time requirement:* 1 minute 40 seconds.

**Calphin Aquatic Club | 34075 Fremont Blvd, Fremont, CA 94555 | (510) 790-7946
www.calphin.com**