



American Red Cross Lifeguard Class



\$150 Are you Whistle Worthy?

Commit to work for the Town of Avon and take the class for FREE! Lifeguards start at \$15/hour and receive a free Rec Center membership!



December 13-15 | Fri, Sat. & Sun.
4-8pm, 9am-4pm & 12-7pm

Registration Deadline: December 8th

This course is designed to give participants the basic skills and knowledge needed to be a lifeguard in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take action to help those in need. CPR, First Aid, and AED certifications are included in the cost of the program.

Participants must:

- Be at least 15 years old by the last day of training
- Successfully complete the pre-course skill test prior to the first day of class (300 yard swim, timed brick retrieval, & 2 minutes of tread water using legs only)
- Complete online training prior to the first day of class.
- Attend all four days to successfully complete the course. Please bring a swimsuit, towel, and water bottle.

For More Information Call or Visit The Avon Recreation Center
970-748-4060 • www.avonrec.org • 90 Lake Street, Avon, CO
81620



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