

Lifeguard Training Winter 2016

At Central Municipal Pool



**Earn Money
Be a Leader
Save Lives**

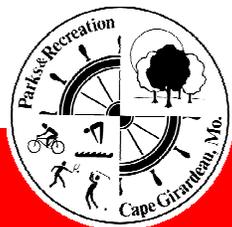


Become a Lifeguard

- Lifelong lifesaving skills
- Hands-on training
- Certification in as little as 24 hours of training
- American Red Cross certification, a name employers know and trust

To Register:

Call the Cape Girardeau Parks and Recreation Department at 339-6340. **Pre-registration for the course is required** and closes the Wednesday before the course starts.



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

December 19-22 8am-6pm

This is a Blended Learning Course: there are Online Lessons that are to be completed before the in-person session on December 19.

Complete course attendance is mandatory. Approximately 8 hours of this course will be completed Online. Internet Access is required for completion of this course.

Course Fees:

\$155 resident, \$165 Non-Resident
**** Registration be divided \$35 to the Red Cross and the remaining amount with the City of Cape Registration****

Pre-requisite Skills:

- 300 yard continuous swim, demonstrating rhythmic breathing, and proper stroke competencies.
- Timed brick dive.
- Treading water with no hands for 2 minutes.

If pre-requisites are not passed students may request a refund for the course minus a \$5 administrative fee, or may transfer their registration to another session.

Final Exams:

- Three practical skill scenarios focusing on CPR, passive extraction, active drowning, and other essential proficiencies.
- Two written exams focusing on CPR, AED Administration First Aid, and Lifeguarding Skills.
- All tests must be passed to obtain certification. Refunds will not be given to students who do not pass the final exams.

573-339-6340

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