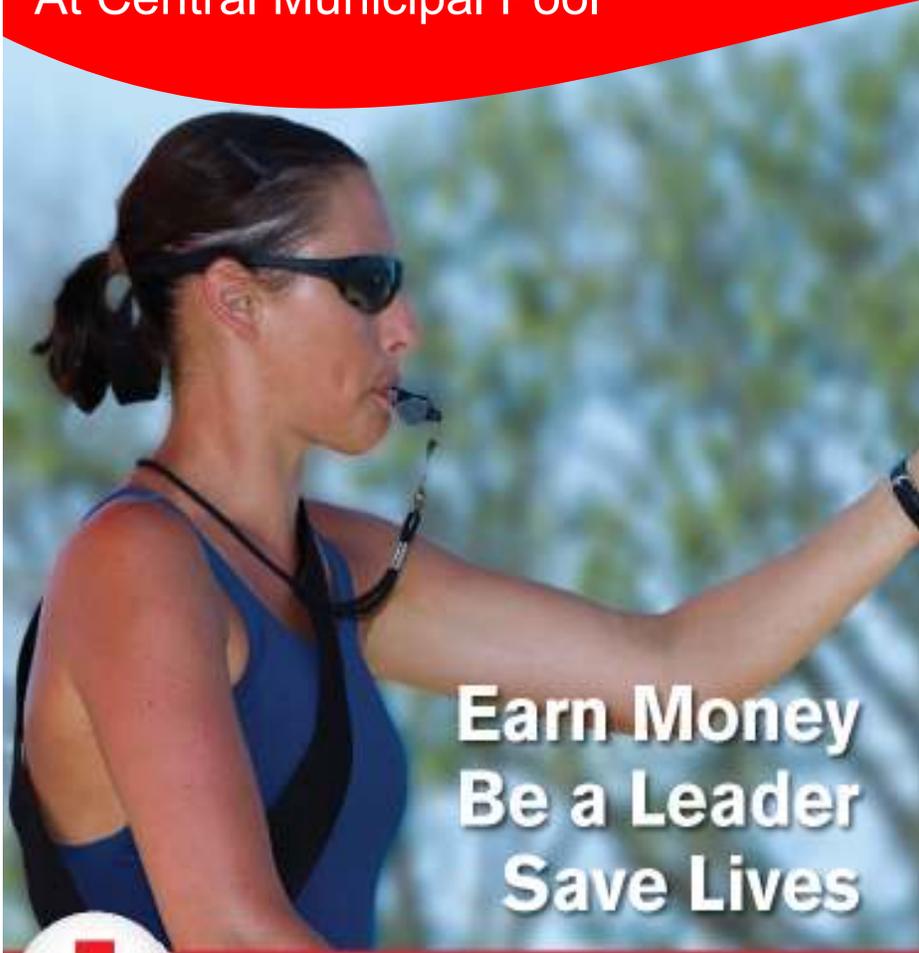


Lifeguard Training Spring 2016

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. Registration for each course is required and closes the Wednesday before the course starts.



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

Session I:

February 19: 5-9pm,
February 20-21: 7am-7pm

Session II

March 11: 5-9pm
March 12-13: 7am-7pm

Session III

April 1: 5-9pm
April 2-3: 7am-7pm

Session IV

April 15: 5-9pm
April 16-17: 7am-7pm

**Complete course attendance
is mandatory for each session.**

Course Fees:

\$155 resident, \$165 Non-Resident

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

www.cityofcapegirardeau.org/parks
jlinderer@cityofcape.org