



King County

**Weyerhaeuser King County
Aquatic Center
650 SW Campus Drive
Federal Way, WA 98023
206-296-4444
www.kingcounty.gov/recreation/parks**

Lifeguard Training Course

When:

June 22 – July 2
Mondays – Thursdays 12:00 noon – 4:00 pm

Cost: \$105.00

Includes:

- A.R.C. Lifeguard Training and First Aid
- A.R.C. CPR/AED For the Professional Rescuer
- A.R.C. Bloodborne Pathogen Training

Prerequisites: *Verified on first day*

- 15 years of age by July 2, 2008
(Bring proof of age, i.e., driver’s license, birth certificate)
- Swim 300 yards nonstop
(100 yards crawl-stroke, 100 yards breaststroke, 100 yards combined crawl-stroke and breaststroke)
- Swim 20 yards, surface dive and retrieve 10-pound object from 10 feet of water, return to start with object and exit water within 1:40

Materials: Available at American Red Cross (206) 323 – 2345 (Seattle)
(253) 474 – 0400 (Tacoma)

	<u>Price</u>	<u>Code #</u>
– <i>American Red Cross Lifeguarding Manual</i>	\$ 34.95	53670029
– Pocket Mask	\$ 13.50	53310005



To Register or for more information, please call or stop by the front desk



**This material is available in alternate format upon request.
Telephone Relay Service: 711**