

BECOME A LIFEGUARD!

American Red Cross Lifeguard Training & Certification Course



Course Fee: \$75 *includes pocket mask*
Students must be 15 yrs old by 4/7/24

SOUTHWEST
COMMUNITY
CENTER POOL
April 7; 1-6pm
April 14; 1-6pm
April 21; 1-6pm
April 28; 1-6pm



ONONDAGA LAKE
PARK OFFICE
April 9; 5-9pm
April 18; 5-9pm
April 23; 5-9pm

Must attend ALL sessions



(315) 453-6712 x6715
garylopez@ongov.net

Sessions held at:

SOUTHWEST COMMUNITY
CENTER POOL

230 Lincoln Avenue
Syracuse NY



ONONDAGA LAKE PARK
OFFICE

106 Lake Drive
Liverpool NY

Sponsored by:
**ONONDAGA
COUNTY**
Parks

www.OnondagaCountyParks.com

SCAN ME





SESSION DETAILS:

Sunday April 7, 1-6pm • Community Center Pool
Evaluation - Pre-requisite; Waterfront Skills

Tuesday, April 9, 5-9pm • Park Office
Classroom – Professional Life Facility Safety and Injury Prevention

Sunday, April 14, 1-6pm • Community Center Pool
Waterfront Skills – Water Rescues Shallow
and Deep Water along with Entries

Thursday, April 18, 5-9pm • Park Office
Classroom – CPR / First Aid

Sunday, April 21, 1-6pm • Community Center Pool
Waterfront Skills – Spinal Injury Rescues

Tuesday, April 23, 5-9pm • Park Office
Classroom – First Aide Continuation and Oxygen Administration

Sunday, April 28, 1-6pm • Community Center Pool
Final Instruction and Skills Evaluation – In Water Scenarios with CPR and Exam

PRE-REQUISITE SKILLS TEST

Before the actual course begins, all registered students must pass a pre-requisite skills test. Upon successful completion of this test the course will begin. Failure to successfully complete the evaluation will disqualify student from course and a refund will be given.

Pre-Requisite Skills Test includes:
300 yards without stopping (12 lengths of a 25-yard pool).
Swim 20 yards, submerge to 12 ft. depth to recover a 10 lb. brick
and return (swimming 20 yards on back, making contact
with both hands-on brick).

Dive down and swim 5 yards underwater.