



AMERICAN RED CROSS



# LIFEGUARD TRAINING COURSE

## PORTAGE PARK & RECREATION DEPARTMENT

Looking for a great part time job? This course is a great place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. Flexible hours. Must be at least 15 years old. Starting at \$9/hour

### WHY TAKE THIS COURSE?

- Receive American Red Cross Certification in :
  - Lifeguarding
  - CPR/AED/First Aid
- **Job Opportunities** with the Portage Park & Recreation Department

### COST

-Receiving certifications AND employment with the Portage Park & Rec Department.....**\$50**

or

- Receiving certifications for employment elsewhere.....**\$150**

### WHEN?

Sundays, Sept 29, Oct 6, Oct 13  
9am-3pm

(Times subject to change depending on enrollment)

Participants **MUST** attend all sessions in order to receive certification

### PREREQUISITE REQUIREMENTS

- 300 yard continuous swim using freestyle and/or breast stroke
- Tread water for 2 minutes using legs only
- Swim 20 yards, dive to a depth of 11 ft., retrieve a 10 pound brick, swim back and exit water in 1 minute 40 seconds
- Complete all online assignments prior to in-person sessions



### TO REGISTER

Stop in the Park & Rec Office (701 W. Slifer st). Registration must be done in person.

Mon-Fri 8:00am-4:30pm

**Deadline- September 20th**

#### **MIKE PERCY**

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PORTAGE PARK & RECREATION  
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