



**HIGHLAND**

**PARKS & RECREATION**

... The *FUN* Theory!

## REGISTRATION BEGINS MAY 2nd

### Lifeguard Training

Teaches the duties and responsibilities of lifeguards to prevent and respond to aquatic emergencies and procedures to carry them out in a professional manner. Certifies participant as an American Red Cross Lifeguard. Includes certifications in CPR for the Professional Rescuer, First Aid, and Automated External Defibrillation.

Prerequisites:

- Minimum age 15
- 300 yd. swim of front crawl and breaststroke
- Swim 20 yd. with retrieval of a 10 lb. brick from deep water within 1 minute 40 seconds

Dates/Times:

June 3<sup>rd</sup> 6:00pm – 10:00pm

June 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> 9:00am – 4:00pm

Fee: Residents \$115

Local Non-residents \$130

Distant Non-residents \$160

### Water Safety Instructor

Prepares instructor candidates to organize and conduct courses in swimming and water safety, including Learn-to-Swim, Parent and Child Aquatics, Basic Water Rescue, & Water Safety Presentations.

Prerequisites:

- Minimum age 16
- Swim front crawl, back crawl, sidestroke, breaststroke, elementary backstroke, and butterfly 25 yd. of each stroke
- Tread water for 1 minute

Dates/Times:

May 13<sup>th</sup> & 20<sup>th</sup> 5:30pm – 9:30pm

June 6<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, & 10<sup>th</sup> 9:00am – 3:00pm

Fee: Residents \$115

Local Non-residents \$130

Distant Non-residents \$160

### CPR/AED for Lifeguards Challenge

Prerequisites:

- Current or recently expired certification in CPR for the Professional Rescuer

Dates: May 24<sup>th</sup>

Time: 5:00pm – 9:00pm

Fee: \$40 (textbook not included)



**For more information about American Red Cross programs contact Laura at 618-651-1Fun(1386).**



**American Red Cross**