

LIFEGUARD CERTIFICATION TRAINING



Our course offers American Red Cross Lifeguard Training which includes CPR for the Professional Rescuer (CPR-PRO), First Aid, equipment-based rescues for aquatic environments, accident prevention, and decision-making skills. All of our classes are taught through a blended learning method of online videos and quizzes as well as classroom and pool time

LIFEGUARDING PRE-TEST REQUIRED

WILL BE TESTED DURING CLASS TIMES:

- 15 YEARS OF AGE ON OR BEFORE THE LAST DAY OF CLASS
- 300 YARD SWIM COMBINED FREESTYLE AND BREASTSTROKE
- 2 MINUTE TREAD WATER, LEGS ONLY
- TIMED BRICK RETRIEVAL FROM DEEP WATER

COURSE DATES

PARTICIPANTS MUST ATTEND ALL DATES BELOW.

DECEMBER 15, 16, & 17

- ✓ FRIDAY, DEC 15 | 4 PM - 9 PM
- ✓ SATURDAY, DEC 16 | 8 AM - 8 PM
- ✓ SUNDAY, DEC 17 | 12 PM - 8 PM
- ✓ 7 HOURS OF ONLINE TRAINING PRIOR TO FRIDAY CLASS



LIFEGUARD COURSE FEES

MEMBER
\$125

NON-MEMBER
\$150



American Red Cross

REIMBURSEMENT AVAILABLE!
COMPLETE 60 HOURS OF WORK AT FWCC AFTER YOUR COURSE TO BE ELIGIBLE FOR REIMBURSEMENT!

WHAT YOU WILL GET FROM THIS COURSE:

- American Red Cross Lifeguarding Certification
- CPR/First Aid for Professional Rescuers Training
- Blended Learning Style: In-Person & Online Training



TY THOMAS
ASSISTANT AQUATICS COORDINATOR
(253) 835-6946
TYLER.THOMAS@CITYOFFEDERALWAY.COM



FEDERAL WAY COMMUNITY CENTER
876 S. 333RD STREET
FEDERAL WAY WA 98003

CONTACT US TO REGISTER!

TY.THOMAS@CITYOFFEDERALWAY.COM
253-835-6946

ENROLLMENT ONLY FOR INDIVIDUALS WHO APPLY ONLINE FOR LIFEGUARDING POSITION & INTEND TO WORK AS AN FWCC LIFEGUARD