



**American
Red Cross**

Lifeguard Training Course



WEYERHAEUSER | KING COUNTY
AQUATIC CENTER

650 SW Campus Drive
Federal Way, WA 98023
206-477-4444 or 1-855-952-9970
www.kingcounty.gov/recreation/parks

Schedule:

M/W/F 3:30pm—8:30pm
April 8, 10, 12, 15, 17, 22, 24

No Class Scheduled:

April 19

Cost: \$165.00
Scholarships
Available

Register online or stop by the front desk

<https://anc.apm.activecommunities.com/kingcountyparks>

This material is available in alternate
format upon request.



Prerequisites: *Verified on First Day*

- 15 years of age by last day of class (Bring proof of age, i.e., driver’s license, birth certificate).
- Complete a swim-tread-swim sequence without stopping to rest. Total Distance of 200yds with 2 minutes treading water using only the legs (swimming goggles permitted).
- Complete a timed event within 1:40: Starting in the water, swim 20 yards, surface dive and retrieve 10-pound object from a 10ft depth, return to start with object and exit the water without a ladder.

Includes:

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

Materials:

Available for purchase at American Red Cross

<https://www.redcross.org/store>

(206) 323 – 2345 (Seattle)

(253) 474 – 0400 (Tacoma)

- American Red Cross Lifeguarding Manual \$ 34.99
- Adult/Child and Infant CPR Mask \$ 12.95

ARC Lifeguarding Manual PDF available for free download at:

www.redcross.org/take-a-class/participant-materials