

LIFEGUARD TRAINING

The Bellevue Aquatic Center is offering an American Red Cross Lifeguard certification course. Program offers certification in lifeguard training, first aid, and CPR for the professional rescuer. Gain skills required to be a lifeguard. Classes will all be blended learning style with the online content sent out one week in advance to be completed before the test portion of the class. The pre-requisite swims will be held the first hour of the first day of each class.

\$75 COURSE FEE

COURSE PREREQUISITES:

- Swim 300 yards using crawl stroke and/or breaststroke
- Swim 20 yards, retrieve a 10 pound brick from the bottom of the pool, return to your starting point and climb out of the pool under 1 minute and 40 seconds
- Tread water with no hands for 2 minutes
- Must be 15 by the last day of the course



COURSE OFFERINGS:

March 2022

3/25 – Friday 3:30pm-9pm

3/26 – Saturday 8am-6pm

3/27 – Sunday 8am-6pm

Course # LGT1



April 2022

Class 1

4/4 – Monday 8am-4pm

4/5 – Tuesday 8am-4pm

4/6 – Wednesday 8am-4pm

Course # LGT2

Class 2

4/11 – Monday 8am-4pm

4/12 – Tuesday 8am-4pm

4/13 – Wednesday 8am-4pm

Course # LGT3

May 2022

5/20 – Friday 3:30pm-9pm

5/21 – Saturday 8am-6pm

5/22 – Sunday 8am-6pm

Course # LGT4

