



WESTLAKE AQUATIC CENTER

134 N Fairground Road

Laurie MO 65037

(573) 374-7370

2019 Lifeguard Class



Full Red Cross Lifeguard Certification Class - Class April 4-7

Class: \$275 (Must be prepaid.)

- Participants must be 15 years old on/before the first day of class
- Students must be able to swim 300 meters without stopping (100 yards freestyle, 100 yards breaststroke, & 100 yards of choice)
- Students must be able to tread water for 2 minutes without using hands
- Students must retrieve 10 lb brick from the deep end of the pool & swim the brick backwards (legs only) 20 yards
- Students must be able to exit the pool without using a ladder and have the fitness level to handle deep water rescues

(Students may practice their skills free at WAC prior to the class.)

Classes will be:

Thursday from 4 p.m. to 9 p.m.

Friday from 4 p.m. to 9 p.m.

Saturday from 9 a.m. to 5 p.m.

Sunday from 9 a.m. to 5 p.m.