



Lifeguard Training
July 24 – 26 – 31 & Aug 2
5:00 -8:30 PM



Eno Valley Swim Club

635 Rippling Stream Rd, Durham 27704 919-477-9042

Everything you need to become certified
as an American Red Cross Lifeguard

Course Prerequisites – you must be 15 years old
and be able to ...

1. **Swim 300 yards** continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

2. **Tread water for 2 minutes using only the legs.** Candidates should place their hands under the armpits.

3. **Complete a timed event within 1 minute, 40 seconds.**

- Starting in the water, swim 20 yards. The face may be in or out of the water. **Swim goggles are not allowed.**
- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
- Exit the water without using a ladder or steps.



Certification Requirements

- Complete an on-line ELearning module
- Full participation in all sessions
- Successful demonstration of rescue skill competencies
- Successful completion of two written knowledge tests

Questions / Registration - Please Contact
Ben Weber 919-641-2545 bweber@measinc.com

Course Fee is \$175

* **Course will meet Tues-7/24, Thur-7/26, Tues-7/31 & Thur Aug-2**

* **Course may have to be extended if weather prevents us from swimming**