

Lifeguard Certification Course

March 26th – 29th, 2020

Thursday, March 26

4:00 - 8:00 p.m. at McLeod Health & Fitness Center

Friday, March 27

4:00 - 8:00 p.m. at Francis Marion University

Saturday, March 28

9:00 a.m. - 6:00 p.m. at McLeod Health & Fitness Center

Sunday, March 29

9:00 - 6:00 p.m. at McLeod Health & Fitness Center

Cost: \$250 Members, \$300 Nonmembers

Program Cost Includes:

- Lifeguarding Materials
- Lifeguarding / First Aid / CPR for the Professional Rescuer Certification
 - Pocket Rescue Mask

Participant Requirements:

Must be at least 15 years old by the start of the class.

Swimmer must complete a continuous 300 yard swim and tread water for 2 minutes only using legs.

Complete a timed event within 1 minute, 40 seconds:

1. Starting in the water, swim 20 yards
2. Using a feet first or head first surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object
3. Surface and swim 20 yards on back with both hands holding the object
4. Exit the water without using a ladder or steps

For more information or to register, call 777-3121.

McLeod

Health & Fitness Center