

MILL VALLEY RECREATION IS OFFERING AN

# AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE

## CLASS DATES & TIMES:

November 30th, 8:00am - 6:30pm & December 1st, 8:00am - 6:30pm



This is a blended learning course where participants complete course work online prior to attending the in person practical sessions.

Breaks will be provided. Please bring proof of online blended learning completion, swim suit, goggles, towel, pen, paper, snacks, water bottle.

## PREREQUISITES

Completion of online learning prior to first day of class (link provided upon registration)

Must be 15 years old by end of class

Swim 300 yards continuously

Surface dive to 5ft deep, grab 10lb brick & swim 20 yards back to wall

Tread water for 2 minutes using only legs

Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Please plan to complete the initial online lessons of your training at least two days prior to your first on-site skills session which is scheduled for 11/30/19 at 8 am.

For more information or to register, email [eoku@cityofmillvalley.org](mailto:eoku@cityofmillvalley.org)

