

2017 LIFEGUARD Review and Re-certification

This course is a combination re-certification of Lifeguard Training, CPR for the Professional Rescuer and First Aid for Public Safety Personnel (Title 22). **YOU MUST BE A CURRENTLY CERTIFIED AMERICAN RED CROSS LIFEGUARD TO TAKE THIS CLASS.** Participants must be able to swim 300 yards continuously with front crawl and breaststroke, complete a 20 yard timed swim with brick retrieval from 7-10 feet of water, and tread water for 2 minutes without hands.

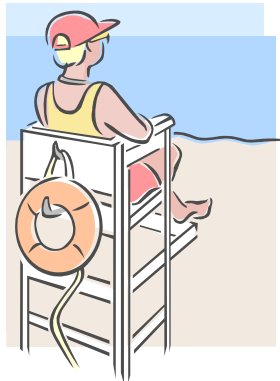
Course Information

Who: 17 years of age and older
Location: Antelope Aquatic Complex 7990 Palmerson Drive, Antelope, CA 95843
Cost: \$85 (Please bring a Pocket Mask)

Session 1: Code [6501.120](#)

When: 4/13 - 4/14

Thur & Fri 9:00am - 5:00pm



Session 2: Code [6501.121](#)

When: 5/6 - 5/7

Sat - Sun 9:00am - 5:00pm

For more information contact Becky at bherz@sunriseparks.com or (916) 725-0185

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