



**American
Red Cross**

TBAY
TAMPA BAY AQUATICS

- Lifeguard Certification
- First Aid Certification
- CPR-Pro Certification
- AED Certification



Lifeguard Training

Make plans now to attend the certified Red Cross Lifeguard, First Aid, CPR, and AED training offered by Tampa Bay Aquatics!

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Prerequisites:

- Minimum age:15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive 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, exit the water without using steps or a ladder.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. This exclusive, unique course includes course materials, a lifeguard hip-pack, reusable CPR mask in a case, a whistle and lanyard set, and certificates and cards for all 4 certifications.



DATES & TIMES

@Tampa Prep

Saturday April 17th 8:00am - 5:00pm

Sunday, April 18th 8:00am - 5:00pm

COST

\$325

All checks payable to Tampa Bay Aquatics

ALL SESSIONS ARE MANDATORY

There will be **3** lifeguarding positions available with Camp Terrapin this summer upon completion of this course. Interview & application process required before you are selected.

For more information and to register, please email jasonbowes26@gmail.com

DEADLINE TO REGISTER IS TUESDAY APRIL 13TH NO EXCEPTIONS!

SPACE IS LIMITED TO 10 PARTICIPANTS