



**American Red Cross Certified Lifeguard Training Course  
at Southern Village Club**

**Begins Tuesday, August 9 ~ Ends Thursday, August 18<sup>th</sup>**

**COURSE LENGTH: 25 hours**

**COST \$150.00**

**To register for this class you must...**

- Be at least 15 years old.
- Be able to swim 300 yards continuously using these strokes in the following order at least 100 yards each: crawl, breaststroke.
- Be able to swim 20 yards using front crawl or breast stroke; surface dive to a depth of 7-10 feet; retrieve a 10-pound object; return to the surface; swim 20 yards back to starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Be able to attend all sessions

Tuesday, Aug. 9 <sup>th</sup>	6 – 8pm	Sunday, Aug. 14 <sup>th</sup>	9am – 4pm
Thursday, Aug. 11 <sup>th</sup>	6 – 9pm	Tuesday, Aug. 16 <sup>th</sup>	6 – 9pm
Saturday, Aug. 13 <sup>th</sup>	9am – 4pm	Thursday, Aug. 18 <sup>th</sup>	6 – 9pm

**For a course itinerary and registration form, email  
Lisa Soeters at [manager@southernvillageclub.com](mailto:manager@southernvillageclub.com)**