

# **Kiwanis Natatorium**

AMERICAN RED CROSS

## **GUARDSTART 510220-06**

**Candidates must be 11 - 14 years of age to participate in class**

1) Swim 25 yards – Front crawl while breathing to the front or side. 2) Tread water for one minute using arms and legs. 3) Submerge and swim 10 feet under water. Class will provide: Learning about prevention of accidents in and around the water; Improve swimming skills; Responses to self-rescue; Assisting others and basic first-aid and CPR with AED and Professionalism in Lifeguarding.

**Class Fee:** \$50.00 includes materials, t-shirt and pool usage.

\*\*\*\*Participants must complete 25 hours of volunteer time over the summer to complete the course\*\*\*\*

**Session : Class Dates:(must attend all class dates and times - 24hours) + 25 hours volunteer time**

**Monday -Tuesday - Thursday 1pm to 4pm**

**June 6, 7, 9 and 13, 14, 16**

**Deadline for registration: Contact Cheryl Briggeman 573-341-2386 or the Front Desk by**

**Wednesday June 1<sup>st</sup>.**

Contact Mitch Lewis- Aquatics Manager [mlewis@rollacity.org](mailto:mlewis@rollacity.org)  
Natatorium 341-2386 EXT. 6930 for additional information.