



RED CROSS

Lifeguard Training

Carson Valley Swim Center

February 18th 9:00am-4:00pm

February 19th 9:00am-4:00pm

February 20th 9:00am-4:00pm

February 21st 9:00am-4:00pm

COST: Resident \$150, Non-Residents \$175 (includes CPR mask)



Must pass the pre-requisites on first day to continue with class:

Swim 300 Meters, tread water for 2 min, and retrieve a brick from the deep end