



aquatics

American Red Cross Lifeguard *Review Course*

Monday 3/15-Friday 3/19 5:00pm-9:00pm
& Sunday 3/21 2:00-5:00pm
Instructors: Ken Mignosa & George Cullison

Ages 15 years & up

Fee: \$175 without materials

Fee: \$220 with book & mask

Enrollment minimum is 5 and maximum is 20.

Please bring proof of previous certifications,
ID, snack, swimsuit & towel.



This course will recertify participants in First Aid; Lifeguarding; CPR/AED for Lifeguards for adult, child and infant; & Bloodborne Pathogens. In order to qualify for this course, students **MUST** be currently certified in all these skills or have expired within a year from this course date. Attendance is required each day.

Certifications to be earned:

1 year of CPR/AED for Lifeguards

1 year of Bloodborne Pathogen Prevention

3 years of First Aid for Lifeguards

3 years of Lifeguarding

Additional skills required:

- Swim 300 yds. continuously (including 100 yds. of Freestyle & 100 yds. of Breaststroke).
- Surface dive 8 ft, grab 10 lb. brick & swim 20 yds.



Levy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

Registration Information:

To register, a program registration form is required.

Deadline to register is Monday March 8th, 2010.

For more information 408.357.7423 or email aquatics@svjcc.org.