



## **American Red Cross Lifeguard Certification Course**

**Forge Fitness 100 Drayton St. Lynden, WA 98264**

**Saturday, May 4th 11 AM - 3:30 PM**

**Sunday, May 5th 10 AM - 6:00 PM**

The American Red Cross has recently updated their course. This course will be following their new guidelines. This course will combine online learning with in-person skills sessions.

Participants must be at least 15 years old and be able to:

- Swim and tread water, which includes swimming 150 yards, using the front crawl, breaststroke or a combination of both, treading water for 2 minutes only using their legs, followed by another 50 yards of swimming.
- Complete a timed event within 1 minute, 40 seconds, which includes swimming, diving down to retrieve a 10 lb object, returning to the shallow end and exiting the pool.

For more information or to register, please scan this QR code or email

[aquatics@bellinghamathleticclub.com](mailto:aquatics@bellinghamathleticclub.com).

