



Tel Hai Lifeguarding Re-Certification



Cost: The cost per student is \$120.00.

Course Description: The purpose of a review course is to give individuals the opportunity to review the course content in a formal course setting.

Requirements: Individuals with a current Lifeguarding/First Aid/CPR/AED must successfully complete the review course to earn recertification. To participate in the course, you must be able to pass prerequisite skills evaluation that includes the following;

* Complete a swim -tread - swim sequence, swim 150 yards using front crawl, breaststroke or a combination of both. Maintain position at surface of water for 2 minutes by treading water using only legs. Swim 50 yards to complete sequence.

*Complete timed event within 1 minute, 40 seconds. Swim 20 yards to a depth of 7-10 feet to retrieve a 10- pound object. Return to surface swim 20 yards to return to starting point, holding object at the surface with both hands and keeping face at or near the surface. Exit water without using ladder or steps.

Current Lifeguard certification should not be past 30 days expired. Please bring resuscitation mask.

American Red Cross Lifeguarding Recertification Course

Saturday November 23
12pm - 5pm
Sunday November 24
9am - 2pm

Location

StoneCroft Aquatic Center
4000 Tree Line Drive
Honey Brook, PA

Registration Process

**RSVP by November 8 to
aquatics@telhai.org or call
610-273-9333 ext. 2441.**