



Tel Hai Lifeguarding Certification Course



Cost: The cost per student is \$300 and includes the American Red Cross Lifeguarding Manual, hip pack with whistle and resuscitation mask. Pre-requisite will be a week prior to course, with a \$50.00 pass/fail non-refundable fee.

Course Description: The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

Requirements: To participate in the course, you must be at least **15 years old** and 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.

Proof of age is required at time of checkin, birth certificate, passport or drivers license all acceptable documents.

American Red Cross Lifeguarding Course

Pre-requisite test Friday
December 13: 4pm-6pm

Friday, December 20

4pm - 9pm

Saturday, December 21

8am-6:30pm

Sunday, December 22

8am -6pm

Location

StoneCrest Aquatic Center

4000 Tree Line Drive

Honey Brook, PA

Registration Process

RSVP by December 6 to aquatics@telhai.org or call 610-273-9333 ext. 2441.