



BOYS & GIRLS CLUBS
OF DEEP EAST TEXAS



American Red Cross

Lufkin LG Instructor:
Calvin Rowland
Phone 304 506-7946
Email cmerda.cjr@gmail.com

American Red Cross Lifeguarding Class

If you are 15 or older and looking for a great summer job or a challenging career, American Red Cross Life Guarding is the best place to start. This course helps you develop skills and experience, valued by colleges and future employers. You'll develop new skills and learn how to deal effectively with people, fostering a "take charge" attitude.

3 Courses Offered and Fees:

Lufkin - Mar30-Apr 1st Fri 6:30-8:30pm Saturday & Sunday 8-6pm **Cost: \$180**

Lufkin - April 20-22nd Fri 6:30-8:30pm Saturday & Sunday 8-6pm **Cost: \$180**

Lufkin - May 18-20th Fri 6:30-8:30pm Saturday & Sunday 8-6pm **Cost: \$180**

Certifications Earned:

- Lifeguard Training (valid for 2 years)
- First Aid Training (valid for 2 years)
- CPR/AED Training for Lifeguards (valid for 2 years)

Prerequisites:

- Must be 15 years old by the first day of the course.
- Must be able to attend all sessions of the course.
- Swim 300 Yards (12 lengths of the pool) using Freestyle stroke, Breaststroke, or a combination of both Freestyle or Breaststroke.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Swim 25 yards (1 length of the pool) dive 7 feet deep to pick up a 10lb block and kick 25 yards, returning to the starting side of the pool within 1:40 time limit.

Important Information:

Class sizes are limited to 14 students. **Contact an Instructor and pay all fees 1 week before class starts to secure your spot in one of these classes.**

Class Locations:

Lufkin Swim Center
909 S. Angelina
Lufkin, TX 75901



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Name: _____
Address: _____

Age: _____
Phone: _____
Lifeguard Class Date: _____

Please fill out this information stub, include a \$180 Check or Money Order made out to "Boys & Girls Club," and mail to _____

Boys & Girls Clubs of Deep East Texas
Attention: Lifeguard Class
P.O. Box 631345
Nacogdoches, TX 75963