



BOYS & GIRLS CLUBS
OF DEEP EAST TEXAS



American Red Cross

Boys & Girls Clubs of Deep East Texas

LG Instructor:
Erik Cozadd
Phone 936-560-6844
Email aquatics@bgcdet.org



American Red Cross Lifeguarding Class in Lufkin

If you're 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.

Three Course Offered and Fees:

April 27th-28th Saturday 8am-7pm and Sunday 8am-7pm 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:

- **Register and watch "Blended Learning Videos" before class begins**
- 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) 100 Freestyle stroke, 100 Breaststroke, 100 either 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 block and swim 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 Erik Cozadd and pay all fees 1 week before class starts to secure your spot in one of these classes.**

Location:

Lufkin Swim Center - Indoor Pool
909 South Angelina, Lufkin, TX 75904

Detach Here

Detach Here

Detach Here



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Name: _____

Age: _____

Address: _____

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