



*American Red Cross*

# **GuardStart: Lifeguarding** **Tomorrow**

## **Courses Offered:**

Wednesdays, beginning September 29<sup>th</sup> through November 3<sup>rd</sup> from 7pm-8pm (This class will run for six weeks, once a week)

## **Course Description:**

The GuardStart: *Lifeguarding Tomorrow* course is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross *Lifeguard* course.

## **Course Prerequisites:**

The successful candidate must:

- Be between the ages of 11-14
- Able to swim 25 yards continuously
- Able to tread water for 1 minute using arms and legs
- Submerge and swim for a distance of 10 feet underwater

## **Learning Objectives:**

- ❑ Prevention: causes & prevention of injuries & drowning/diving accidents
- ❑ Fitness: improve endurance & strength
- ❑ Response: self-rescue, assisting others, & basic first aid skills
- ❑ Leadership: responsibility & proper communication skills
- ❑ Professionalism: good customer service & job tips

## **Course Fees**

Swimming and Low Usage Members	\$85
Program Pass Holders	\$115

*Membership or Program Pass registration is required.  
Contact Cornerstone's Front Desk for further registration information.*

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