Lifeguard training at SLT rec center

Lifeguard-first aid and CPR/AED class begins March 29 and continues on Sundays, April 11-May 2.

Cost is $165 at sign up and a separate $10 is due at the first class. Fee includes book, hard case with mask and certificates.

Students must be a minimum of 15 years old before the last day of the class and be able to pass the pre-skills tests: 300-yard swim and timed 40 yard deep water 10 pound brick retrieval and exit from pool without using assistance. The pre-skills must be passed on the first class to be able to continue the course. This is not a-learn-to-swim class.

Space is limited.

All classes are American Red Cross and successful completion will include the Lifeguard /First Aid and CPR/AED for the Professional Rescuer certificates.

To register, drop by the South Lake Tahoe Parks & Recreation Complex at 1180 Rufus Allen Blvd. For more information, call (530) 542.6056 or click here.