

## HAMILTON COMMUNITY POOL

# Lifeguard Training

<b>Sat &amp; Sun</b>	<b>6/18, 6/19, 6/25, 6/2</b>
8:30 - 4:30pm	\$179R/\$196NR #15527
<b>Sundays</b>	<b>7/24, 7/31, 8/7, 8/14</b>
8:30 - 4:30pm	\$179R/\$196NR #15528
<b>Saturdays</b>	<b>8/6, 8/13, 8/20, 8/27</b>
8:30 - 4:30pm	\$179R/\$196NR #15829



The American Red Cross Lifeguard Training Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Participants must be 15 years of age on or before the finals scheduled session.

Candidates must also be able to successfully complete various swimming prerequisites. Each participant should bring swim suit, change of clothes, tennis shoes, water bottle, sunscreen and a lunch.



**Hamilton Community Pool**  
206 El Bonito Way  
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