# Lifeguard Certification- August

## First Time Certification

**Class Sessions:**
- ❖ Online portion completed before first class
- ❖ August 13 7:00 AM-12:00 PM
- ❖ August 14 7:00 AM-12:00 PM

**Location:** Hayfield Farm Pool
**Cost:** $295

## Recertification

**Class Sessions:**
- ❖ Online portion completed before first class
- ❖ August 13 7:00 AM-12:00 PM

**Location:** Hayfield Farm Pool
**Cost:** $270

**LIFEGUARD**

## Requirements:
- ❖ Be at least 15 years of age
- ❖ Swim 300 meters without stopping
  - ➢ 100 breaststroke
  - ➢ 100 freestyle
  - ➢ 100 free or breast)
- ❖ Treading Water
- ❖ Retrieving a brick from the bottom of the pool

## Class Components:
- ❖ First Aid
- ❖ CPR for the professional rescuer
- ❖ How to use an AED
- ❖ How to respond in the event of an emergency

## Instructor Contact:
Jackie White
703-655-8882
Flutterjax@gmail.com

## To Register:
https://forms.gle/toXFxpbPFV4nnJdY8