



# American Red Cross LIFEGUARD CERTIFICATION

**Mezrah Family Aquatic Center**

522 North Howard Avenue • Tampa, FL 33606

## Choose Your Session

March 22 – 24 | May 3 – 5

**Must attend all three days of your selected session**

Friday 4:00 – 8:00 PM

Saturday 10:00 AM – 6:00 PM

Sunday 10:00 AM – 6:00 PM

### Course Description and Details

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue skills, surveillance skills, First Aid, CPR/AED and more. These are all skills you will need to work as a professional lifeguard. This course is blended learning, which means you will be **required to complete a portion of the class online**. Successful completion results in a 2-year certification in lifeguarding that includes First Aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

### Cost

\$200 for Bryan Glazer Family JCC members or \$250 for guests.

Registrations closes one week before each class begins.

### Please note

Course participants must be at least 15 years old. They must be able to swim 300 yards of freestyle, tread water without using their hands for two minutes and retrieve a submerged brick. If you are not a strong swimmer, please take swimming lessons before this class. To successfully complete the course, participants must attend all sessions, score at least 80% on two written tests and pass the practical portion of the exam.



**American  
Red Cross**

For more information please contact the Aquatics Department at [Aquatics@BGFJCC.com](mailto:Aquatics@BGFJCC.com).