

New Lifeguarding Program from the American Red Cross

2010 Lifeguarding Classes

March 29 – April 1
Eisenhower Pool, Springfield
8:00am – 5:00pm

April 8 – 11
PORTA High School, Petersburg
8:00am – 4:00pm

To register, call (217) 787-7602

Newly Revised!

Our new Lifeguarding program meets the needs of aquatic facilities like yours better than ever before!

Courses have been updated with the latest science in first aid, CPR and emergency cardiovascular care, and include the latest in rescue skills and safety protocols.

Choose the Right Courses for Your Facility

Choose from four stand-alone lifeguarding courses, making it easier to complete training at your own location, regardless of your facility's features or water depths, and helping participants concentrate on the skills and rescue situations that are most likely to occur while on the job. Choose from certified courses in:

- Lifeguarding
- Waterfront Lifeguarding
- Waterpark Lifeguarding
- Shallow Water Attendant **NEW!**

Lifeguarding Instruction Made Easier

Our new consolidated Lifeguarding Instructor course makes it easier to become and remain an instructor. Plus, new products and tools make instructors' jobs easier and help them refine their teaching techniques.

Improve Performance and Safety

Optimize lifeguard performance and safety by implementing a comprehensive lifeguarding program. Revised lifeguard feeder and management courses will help ensure professional and consistent staffing, and audit and evaluation services will help improve performance. Choose from:

- GuardStart: Lifeguarding Tomorrow (ages 11-14)
- Lifeguard Management
- Aquatic Examiner Service

**Lifeguarding is just one part of a complete aquatics program—
explore other Red Cross offerings such as:**

- Learn-to-Swim (levels 1-6)
- Longfellow's WHALE Tales (classroom-based water safety presentation for ages 5-12)
- Parent and Child Aquatics
- Water Safety Presentations and Products

For more information, contact the American Red Cross Illinois Capital Area Chapter at (217) 787-7602.

