

Need Recertified?

The Salem Community Center offers Lifeguard and CPR recertification sessions. These are available by appointment in individual or class sessions. A class may be held for groups of three or more.

\$65 for one certification

\$95 for two certifications



The American Red Cross trains more than 170,000 lifeguards each year.

Lifeguard Training, CPR/AED and First Aid certificates are valid for two years from completion date.

If more time has passed or you cannot obtain your training records from the local chapter, it is best to take another class to get recertified.

Note Regarding Lost Cards

To replace a lost card or certificate for lifeguarding, first aid and/or CPR, contact the Salem Community Center for a replacement.

Please provide:

- Your Name
- Training Course
- Date Completed
- Instructor's Name

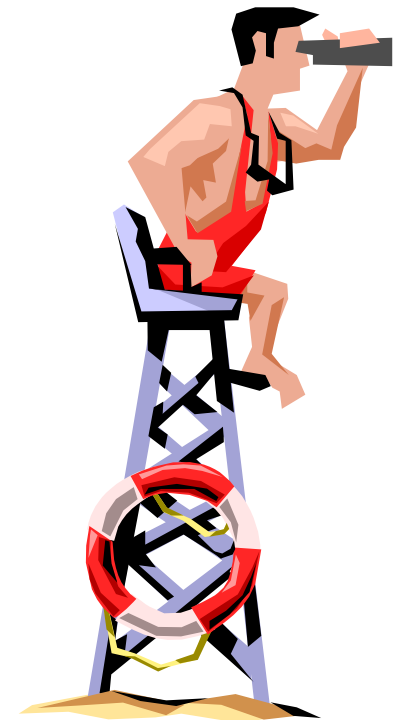
Salem Community Center

1098 N. Ellsworth Avenue
Salem, OH 44460
(330) 332-5885

www.salemcommunitycenter.com

Coming to the
Salem Community
Center...

Lifeguard Training 2014



Effective January 1, 2014

Build Your Future



Are you 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water.

Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers. It's a great way to demonstrate what you can offer. Colleges and employers look for applicants who can deal effectively with people, who have a take-charge attitude and who are willing to work to develop new skills.

Personal Benefits



- Earn money and respect
- Challenge yourself
- Serve your community
- Develop leadership skills
- Gain valuable work experience
- Save lives

Prerequisites



- Must be at least 15 years of age by the end of class
- Must be able to swim 300 yards continuously using either Freestyle, Breaststroke or a combination of both.
- Must be able to tread water for 2 minutes using only your legs. Hands are to be tucked underneath the armpits.
- Must be able to swim 20 yards using Front Crawl or Breaststroke, surface dive 13 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting block with the object, using only your legs to swim within 1 minute 40 seconds.

Pricing



Members: \$220
Non-Members: \$260

What You Will Learn



- Surveillance skills to help you recognize and prevent injuries
- Rescue skills in the water and on land
- First aid training and professional rescuer CPR to help you prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons

Class Dates and Times

March 3rd - 14th

Class: Weekdays, 5-8 pm

April 14th - 25th

Class: Weekdays, 5-8 pm

May 5th - 16th

Class: Weekdays, 5-8 pm

June 2nd - 13th

Class: Weekdays, 5-8 pm

November 3rd - 14th

Class: Weekdays, 5-8 pm

***Registration fees may only be refundable after completion of the pre-test and before the second day of class.**