

AMERICAN RED CROSS Lifeguard Training Course

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.

Course Dates:

FREE PRETEST- CALL TO SET UP

Friday, JUNE 12th 4:30pm-9:30pm

Saturday, JUNE 13th 8:00am-6:00pm

Friday, JUNE 19th 4:30pm-9:30pm

Saturday, JUNE 20th 8:00pm-1:00pm

Prerequisite: 15 years & up by end of class. Must be able to continuously swim 300 yards using a combination of front crawl and breaststroke; swim 20 yards, remove 10 pound weight from 7ft of water, swim back, this is a timed event; 2 min. of treading water without using hands. Must attend all classes

Register at the Front Desk • Cost: *\$275

For more information please contact Lynda Dobbins at 732.845.9400 or lyndad@fitnessandwellness.org



CentraState Fitness & Wellness Center

Star and Barry Tobias Ambulatory Campus
901 West Main Street, Freehold, New Jersey
www.centrastatefitness.com

*No refunds once classes have started

