



# Lifeguard Training Course



The City of Mission Viejo's Lifeguard Training Course teaches people the skills and knowledge necessary to prevent and respond to aquatic emergencies. Participants will receive American Red Cross certification in Lifeguard Training, First Aid, AED, and CPR for the Professional Rescuer.

March 23/24 ~ Saturday & Sunday ~ 8 am– 6 pm ~ \$180 ~ Event ID 27347

May 18/19 ~ Saturday & Sunday ~ 8 am– 6 pm ~ \$180 ~ Event ID 27348

**\*Prerequisites** - Must be at least 15 years old, pass the swimming and skills test, and attend both days.

## Swimming & Skills Test

Swim 300 yards continuously, demonstrating breath control using either the front crawl, breaststroke or a combination of both.

Tread water for two minutes using only the legs.

Complete a timed 10-pound object retrieval and removal from a depth of 7-10 feet within 1 minute, 40 seconds.

**Register: [cityofmissionviejo.org/register](https://cityofmissionviejo.org/register)**

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