



**Course:** American Red Cross Lifeguard Training w/Oxygen Administration

**Instructor:** Mercedes Miklya

**Cost:**

\$200.00 due to St. Lucie County upon successful completion of the pre-course  
Total cost of the course: \$200.00

**Course description:**

This class is designed for entry - level participants at all facility types.  
Certifications: Lifeguarding/First Aid/CPR-PR w/AED and Oxygen Administration  
Length 32 hours (8 hours additional for needed practice and weather make ups.  
You will learn the following:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills-in the water and on land
- First aid training and professional rescuer CPR with oxygen administration
- Professional lifeguard responsibilities

**Pre-requisites:**

- Minimum age 15 years, please bring ID for proof of age.

**Pre-course:** Swim 300 yards continuously using each of the following strokes for at least 100 yards: crawl, breaststroke.  
The stroke(s) used for the remaining 100 yards are the participant's choice.

- Swim 20 yards, feet first surface dive in a minimum of 7 feet of water to retrieve a 10 pound object. Swim back 20 yards with the brick and jump onto the pool deck within a minute and forty seconds.
- Tread water for 2 minutes using only the legs

Pre-course will be conducted at the Ravenswood Pool on the dates listed below. **You must e-mail [MiklyaM@stlucieco.org](mailto:MiklyaM@stlucieco.org)** to sign up for the pre-course.  
Minimum: 6 participants ~ Maximum 10 participants

**Location:**

Ravenswood Pool  
400 Ravenswood Lane  
Port St. Lucie, Fl. 34983  
(772) 871-2183

**Dates:**

**Course 1**

Pre-course: January 20, 2016 (3:30p.m.-5p.m.)

Course dates:

January 22, 2016 (4p.m.-7p.m.)

January 23, 24, 2016 (9a.m.-5p.m.)

February 6, 7 2016 (9am-5p.m.)

**Course 2**

Pre-course: March 16, 2016 (3:30p.m.-5p.m.)

Course dates:

March 18, 2016 (4p.m.-7p.m.)

March 19, 20, 21, 22, 2016 (9a.m.-5p.m.)



St. Lucie County / American Red Cross

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**RAVENSWOOD POOL**  
**400 Ravenswood Lane Port St. Lucie, Fl. 34983 (772) 871-2183**

Participant's Name		Male / Female DOB
Mailing address		
Contact e-mail address		
Home Phone:		
Cell Phone		

**Medical Condition / Special needs:**      NO                      Yes    Please ask for an additional form to fill out.

<u>Office use only:</u> Scholarship \$ _____ Cash _____ Check _____ Visa/MC/Discover _____ Changes made this session: _____
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**American Red Cross Lifeguard Training with Oxygen**  
**Ravenswood Pool**  
**400 Ravenswood Lane, Port St. Lucie, FL 34983**

- Pre-course: Wednesday, March 16, 2016 (3:30p.m.-5p.m.)**
- Friday, March 18, 2016 (4p.m.-7p.m.)**
- Saturday, March 19, 2016 (9a.m.-5p.m.)**
- Sunday, March 20, 2016 (9a.m.-5p.m.)**
- Monday, March 21, 2016 (9a.m.-5p.m.)**
- Tuesday, March 22, 2016 (9a.m.-5p.m.)**

**100% Attendance Is Required!**

**Please plan on an additional 5-10 hours of study time at home.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_