



LIFEGUARD TRAINING GROUP, LLC



**American
Red Cross**

American Red Cross Lifeguarding

This nationally recognized program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Prerequisites: Must be at least 15 years old and able to complete a standard swim test.

Swim Test: Swim 300 yards continuously, tread water for 2 minutes using legs only and dive to 9 feet to retrieve a 10 pound brick.

Fee includes American Red Cross Lifeguarding/professional CPR/AED/FA certifications, and CPR pocket mask.

Blended Lifeguarding:

Thursday June 1st, 5pm-9pm

Friday June 2nd, 5pm-9pm

Sunday June 4th, 9am-5pm

Monday June 5th, 5pm-9pm

online learning with on-site skills sessions:

Participants must provide a valid email address and have access to the Internet.

\$350.00

Lifeguarding Review

Friday June 2nd, 6-9pm

Saturday June 3rd, 9am-4pm

\$140.00

For more information and to enroll:

visit: mylgtg.com/register

For general information, email: chris@mylgtg.com or 215-882-9904

Camp America staff are eligible to receive a discounted fee at the discretion of camp management and My Lifeguard Training Group.

Location:

341 Lower State Road Chalfont, PA 18914



