

Spring 2017 - ALMA LIFEGUARDING COURSE

Instructor: Mr. Brian Ross

Contact: coachbrianross@gmail.com Cell: (989) 533-9441

Location: Alma High School Pool

Cost: \$200 LG OR \$100 LG Renewal

Sessions: *Dates and Time may vary depending on student count and skill progression!!*

1 - Monday, April 10 5:30PM to 8PM Includes Pre-course Session

2 - Wednesday, April 12 5:30PM to 8PM

3&4 - Monday, April 17 5:30PM to 8PM

5 - Wednesday, April 19 5:30PM to 8PM

MAKEUP for sessions 1 - 5 if needed on Saturday April 22 from 8AM to 11AM

6 - Monday, April 24 5:30PM to 8PM

7 - Wednesday, April 26 5:30PM to 8PM

8 - Monday, May 1 5:30PM to 8PM

9 - Wednesday, May 3 5:30PM to 8PM Includes Final Assessment

MAKEUP for sessions 6 - 9 if needed on Saturday, May 6 from 8AM to 11AM

Course

Materials: American Red Cross Lifeguarding Manual
download: (http://www.instructorscorner.org/landing/lg_part_manual_landing/)
Breathing Mask
Good Attitude

Certification

Source: American Red Cross

Certification received upon fulfilling course requirements (valid 2 years):

Lifeguard, First Aid,
CPR for the Professional Rescuer

Please feel free to contact me with any question!!

