Now offering Lifeguard Training

Class offered 3 times
April 29, 30, May 1, 2016 (Zap 3808)
May 13, 14, 15, 2016 (Zap 4801)
May 20, 21, 22, 2016 (Zap 4804)

Time:
Friday, 4:00 p.m.– 10:00 p.m.
Saturday, 9:00 a.m.– 7:00 p.m.
Sunday, 2:00 p.m.-7:00 p.m.
(Class meets for 3 days)
Place: Harber Field House Pool
Instructor: Mike Manlapig

Class space is limited
(pre-registration is required)
Cost including textbook and Certification Cards: $150

For additional information call
Carol Hartman at 405-382-9246 or
Lana Reynolds at 405-382-9218
Or drop by the SSC Office of Admissions in the Student Services Center
Open Monday from 8 a.m. to 6 p.m.
Tuesday through Thursday from 8 a.m. to 5 p.m.
Friday from 8 a.m. to 4 p.m.

Lifeguarding . . . .
Skills to help you build your future
Here’s your chance to build your resume and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills
- Be a hero by learning life-saving skills such as first aid and CPR
- Have fun and earn money at a job you love

American Red Cross Lifeguard training 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.

**What You Will Learn?**

American Red Cross training makes learning fun and easy. Through classroom learning and hands-on practice, you’ll learn:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills—in the water and on land
- First aid training and professional rescuer CPR—to help you prepare for any emergency
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons.

Register today for American Red Cross Lifeguard Training and learn lifesaving skills to help keep people safe in and around the water.

**Prerequisites**

- Minimum age of 15.
- Pre-course Swim Test:
  - Swim 300 yards continuously.
  - Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.