



EARN YOUR LIFEGUARD CERTIFICATION THIS SUMMER

Sessions are available this summer for St. Vrain Valley Schools students and staff to earn a new lifeguard certification or recertify. Using the **American Red Cross curriculum**, participants will train in water safety, emergency response, first aid and CPR, and AED operation.

Whether you are looking for a rewarding way to serve the community, are a competitive swimmer or student-athlete, or want to build real-world skills in emergency response, leadership, and teamwork, this training is an invaluable opportunity.

The course follows a **hybrid format**, with an online portion that will be sent out mid-May. Participants must complete the online learning portion prior to the first day of class in the pool.

PARTICIPANTS MUST BE ABLE TO MEET THE FOLLOWING REQUIREMENTS:

- Be at least 15 years of age
- Swim 150 yards
- Tread water for two minutes without using hands
- Retrieve a 10 lb weight from 10 feet of water
- Have a current physical on file (St. Vrain students)



To learn more and register, please scan the QR code or visit stvra.in/lifeguard



IN-PERSON TRAINING DATES

May 28-29: Lifeguard Recertification
8 a.m.-2 p.m. (students and staff)

June 1-5: Students Only (Initial Certification)
Mon. 8 a.m. - 1 p.m., Tues. - Fri. 9 a.m. - 1 p.m.

June 8-12: Staff Only (Initial Certification)
Mon. 8 a.m. - 1 p.m., Tues. - Fri. 9 a.m. - 1 p.m.

June 15-19: Students Only (Initial Certification)
Mon. 8 a.m. - 1 p.m., Tues. - Fri. 9 a.m. - 1 p.m.



LOCATION

Aquatic Center of St. Vrain Valley Schools

Located at Silver Creek High School
4901 Nelson Rd., Longmont, CO 80503

CONTACT INFORMATION

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