Think you have what it takes to …

It’s not all about working on your tan while you earn a paycheck. Being a Lifeguard is a great summer job, however with that comes a lot of responsibility.

**Course Pre-requisites**
- Swim non-stop for 300 yards (freestyle or breaststroke).
- Be able to retrieve a 10lb. object from a depth of 7ft and swim 20 yards with it.

**What you’ll learn through videos, group discussion and hands-on practice**
- Rescue skills for use in the water and on land.
- First aid and professional rescuer CPR/AED training to help you prepare for an emergency.
- Professional lifeguard responsibilities.
- Surveillance skills to help you recognize and prevent injuries.

**Classes begin January 19th 2012. Enroll Today!**
Here’s your chance to build your résumé and show the world what you can do:
- Prepare for a career by developing leadership and communication skills.
- Be a hero by learning lifesaving skills, such as first aid, CPR and AED.
- Have fun and earn money at a job you love.
- Course cost **$225** with DSU ID.

These jobs are in high demand! Plus, American Red Cross certification is recognized nationwide so you can work anywhere in the U.S. No other training organization helps train as many lifeguards each year as the American Red Cross.

**Trained. Empowered. Prepared.**

Class will meet **Thursdays from 6:00p.m. To 7:30 p.m.** This course will last the entire semester ending on April 26th. Two Sundays (Feb 19 & April 22) will be spent training at Lake Forest HS.

For more information or to enroll, contact Jonathan Stewart at 302-857-7727.