



American Red Cross Lifeguard Course

Successful completion includes a 2 year American Red Cross lifeguard certification, First Aid/CPR/AED

MacDill Outdoor Recreation will offer the course on base at the base pool.

Open to all AD/DOD/CIV 15 yrs & older, but must be 16 yrs of age for employment & pass a swimming skills pretest.

The course is divided into 2 parts for first-time lifeguards and 1 day for re-certification lifeguards.

Part I: Online, starts as soon as you sign-up for the course and must be completed prior to 23 Apr.

Part II: MacDill Base Pool from 23-26 Apr.

Cost: \$50 for new lifeguards and FREE for re-certifications.

Pretest includes a 300yd continuous swim using breast stroke or front crawl with rhythmic breathing; swim 20 yards, retrieve a 10 pound object from the bottom of the pool, and return to the starting point and exit the pool; tread water using legs only for 2 minutes. Pretest will be coordinated prior to enrollment.

-Spaces are limited-

Please call the Marina Office (813) 828-4983 to reserve your seat.