

# DO YOU NEED RECERTIFICATION IN THE NEXT YEAR?

## *American Red Cross CPR Pro/Lifeguard Training Recertification (Challenge Format)*

- Meets:** Tuesday, December 27  
8:00 am to 4:00 pm  
Whitewater Aquatics Center
- Cost:** \$50
- You will need to bring:** Sweatsuit (We will be in and out of the water, expect the worse)  
Paper and Pencil  
Swimsuit and Towel  
Dry Clothes to wear home  
Current Certification Cards  
Pocket Mask
- Prerequisites:** 300 Yard Swim (100 front crawl, 100 breaststroke, 100 choice)  
20 Yard swim, surface dive with brick retrieval from 7-10 ft of water and  
20 Yards back to starting point with the object, exit within 1 minutes 40 seconds
- Need valid Lifeguard Training and CPR Pro card
- Certification Requirements:** Pass the written tests  
Demonstrate each critical skill  
Pass the final skills scenario
- Instructors:** Mary Berg  
Irene Schuder