

LIFEGUARD ACADEMY

AUGUST 14-16, 2019

9AM-11AM

FEE: \$50

Gain knowledge & demonstrate Lifeguarding skills, emergency procedures, in addition to learning how to create a resume and go through a job interview. Participants will become comfortable with water rescue skills, CPR/AED, First Aid and learn how to work with a team.

Prerequisites

- Must be 13-15 years of age
- Swim Front Crawl/Freestyle with proper technique
- Swim Back Crawl/Backstroke with proper technique
- Swim Breaststroke with proper technique
- Tread for 1 minute with arms and legs
- Submerge 6-7 feet under water grab 10lb brick

3 ways to Register

- Online at washtenaw.org/rollinghills
- Email parkinsons@washtenaw.org
- Fax or bring registration form to Rolling Hills County Park

Questions contact
Steven Parkinson
Park & Facility Coordinator
parkinsons@washtenaw.org
734-484-9676 ext. 202

Rolling Hills County Park
7660 Stony Creek Rd.
Ypsilanti, MI 48197
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