

November 14, 2012

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Do you want to be a Red Cross certified lifeguard? Then sign up at the BRiCk for a two-weekend Red Cross Lifeguard Certification course Dec. 7-9 and Dec. 15-16. You must attend both weekends to be certified. The cost for the course is \$35.

You will need a bathing suit, towels, goggles, dry change of clothes, snacks, drinks, pen, notebook and a USB/flash drive. The instructors will provide a PDF of a lifeguarding book as well as a resuscitation mask and a first aid kit.

To be eligible, you must be 15 years or older on or before the final class (Dec. 16). Students must be able to swim 100 yards continuously demonstrating breath control and rhythmic breathing. Future lifeguards may swim using the front crawl, breaststroke or a combination of both, but swimming on your back or side is not allowed and you cannot stop during the swim. Students must also be able to tread water for two minutes, using only their legs, and complete a timed event within 50 seconds. Participants who pass both the written and physical tests will be certified by the American Red Cross in Shallow Water Lifeguarding and First Aid and CPR/AED for the Professional Rescuer for two years. That makes graduates eligible for employment as a certified lifeguard.

Students must attend all classes. The hours are 5 p.m.-9 p.m., Friday, Dec. 7; 10 a.m. - 7 p.m., Saturday, Dec. 8; 10 a.m.-6 p.m., Sunday, Dec. 9; 10 a.m.-7 p.m., Saturday, Dec. 15; and 10 a.m.-6 p.m. on Sunday, Dec. 16.

For more information or to register for the five-day class, call the BRiCk at 817-426-9104. The BRiCk is located at 550 N.W. Summercrest Blvd. Hours are Monday-Thursday, 5 a.m.-9 p.m.; Friday, 5 a.m.-8 p.m.; Saturday, 8 a.m.-8 p.m.; and Sunday, 1 p.m.-6 p.m. The BRiCk will be closed for Thanksgiving – Thursday, Nov. 22-Friday, Nov. 23.