



**American  
Red Cross**

**Spring Break**

# **LIFEGUARD TRAINING**

**Monday, March 26—Thursday, March 29**

**9:30am—5:30pm Daily**

**\$160 (Dist) / \$210 (ND)**

**Activity # 2944**

*Ages 15 and older*

***Are you interested in becoming a lifeguard? This course will certify participants in American Red Cross Lifeguard, CPR/AED for the Professional Rescuer and First Aid, valid for 2 years.***

*A prerequisite swim test will be administered on the first day of class.*

For more information, please call 303 269-8410 or email [ryanbai@aprd.org](mailto:ryanbai@aprd.org)

*Online Registration available 24/7 at*

*[www.trailsrecreationcenter.org](http://www.trailsrecreationcenter.org)*



The  
**Trails**   
Recreation Center