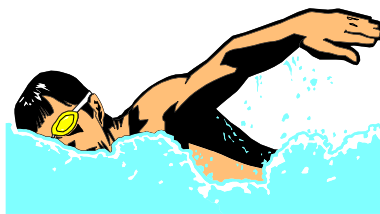


Coomes Recreation Center  
300 Stanley Street  
Abingdon, VA 24210  
(276) 623 – 5279  
asmith@abingdon-va.gov



## Aquatic Department

### **American Red Cross Lifeguarding Certification Classes - 2021**

Minimum Age limit 15 years' old

Cost **\$150.00** including Lifeguard Training, CPR for Pro Rescuer, Automated External Defibrillation, First Aid, Preventing Disease Transmission all books and materials. Appropriate swim attire and towel required at each class meeting.

#### **Prerequisite Test:**

**300 Yards Continuous Swim** (12 lengths of indoor pool)

**Brick Retrieval** (Swim to deep end retrieve 10-pound brick, swim back, and exit pool with brick in less than 1min 40sec)  
**2 min tread.**

#### **Lifeguard Training – Class 1 – Blended Learning**

**Limit 10**

Friday February 26<sup>th</sup> 5:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.

Saturday March 6<sup>th</sup> 8:00 am to 4:00 pm – In Class

Sunday March 7<sup>th</sup> 9:00 am to 5:00pm – In Class

#### **Lifeguard Training – Class 2 – Blended Learning**

**Limit 10**

Friday March 5<sup>th</sup> 5:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.

Saturday March 13<sup>th</sup> 8:00 am to 4:00 pm – In Class

Sunday March 14<sup>th</sup> 9:00 am to 5:00pm – In Class

#### **Lifeguard Training – Class 3- Blended Learning**

**Limit 10**

Friday March 19<sup>th</sup> 5:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.

Saturday March 27<sup>th</sup> 8:00 am to 4:00 pm – In Class

Sunday March 28<sup>th</sup> 9:00 am to 5:00pm – In Class

#### **Lifeguard Training – Class 4- Blended Learning**

**Limit 10**

Thursday April 1<sup>st</sup> 5:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.

Saturday April 10<sup>th</sup> 8:00 am to 4:00 pm – In Class

Sunday April 11<sup>th</sup> 9:00 am to 5:00pm – In Class

#### **Lifeguard Training – Class 5- Blended Learning**

**Limit 10**

Friday April 16<sup>th</sup> 5:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.

Saturday April 24<sup>th</sup> 8:00 am to 4:00 pm – In Class

Sunday April 25<sup>th</sup> 9:00 am to 5:00pm – In Class

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**Sign ups begin February 15, 2021 for all classes listed above. Spots not held without payment.**

**On-Line registration available at [coomescenter.com](http://coomescenter.com)**

**Questions please email Aaron Smith at [asmith@abingdon-va.gov](mailto:asmith@abingdon-va.gov)**

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