



**American  
Red Cross**

# LIFEGUARD COURSE



## WHAT TO EXPECT:

Prerequisite Swim Test, Online eLearning Course (6 hrs)  
and In-Person Course

## IN-PERSON COURSES:

**MAY 27-29 / 8:30 AM - 7:00 PM**

1 hr Lunch Break/ Register by May 21

## LOCATION:

Dahlgren Aquatics Center  
6110 Jenkins Road, Bldg. 1193

## COST:

\$275 per person  
first time certification and recertification

- Prerequisite swim and payment due at registration
- Must have 5 registrants to hold a class



## MUST COMPLETE THE PREREQUISITE SWIM TEST

Visit **NavyMWRDahlgren.com**  
or **scan the QR code** to see the  
full list of requirements.



Open to all with base access, must be 15 by the last  
day of the class and must be able to pass the prerequisite  
skills listed above. Must be present for all classes to certify.



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[www.navymwrdahlgren.com](http://www.navymwrdahlgren.com)

Register by calling (540) 653-8088  
or by visiting the Aquatics Center

