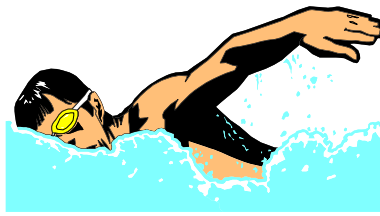


Coomes Recreation Center
300 Stanley Street
Abingdon, VA 24210
(276) 623 – 5279
mwynne@abingdon-va.gov



Aquatic Department

American Red Cross Lifeguarding Certification Classes - 2022

Minimum Age limit 15 years' old

Cost **\$225.00** 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 8

Thursday	July 7	12:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.
Friday	July 15	8:00am to 5:00 pm – In Class
Saturday	July 16	8:00am to 5:00 pm – In Class

Lifeguard Training – Class 2 - Blended Learning

Limit 8

Thursday	July 21	12:30pm Prerequisite test and pick up materials. Emailed link sent for online portion.
Friday	July 29	8:00am to 5:00 pm – In Class
Saturday	July 30	8:00am to 5:00 pm – In Class

Spots not held without payment.

On-Line registration available at coomescenter.com

Questions please email Melisha Wynne at mwynne@abingdon-va.gov
