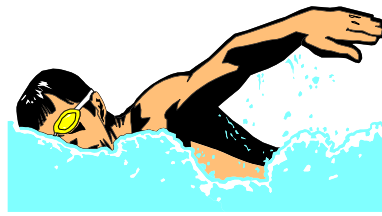


Coomes Recreation Center
300 Stanley Street
Abingdon, VA 24210
(276) 623 – 5279
mwynne@abingdon-va.gov



Aquatic Department

American Red Cross Lifeguarding Certification Classes - 2022

Minimum Age limit 15 years' old

Cost **\$175.00** 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 – May Class 1 - Blended Learning

Limit 6

Friday	April 29	5:30pm	Prerequisite test and pick up materials. Emailed link sent for online portion.
Friday	May 6	4:00pm to 9:00 pm	– In Class
Saturday	May 7	8:00am to 5:00pm	– In Class

Lifeguard Training – May Class 2 - Blended Learning

Limit 8

Thursday	May 5	5:30pm	Prerequisite test and pick up materials. Emailed link sent for online portion.
Saturday	May 14	8:00am to 4:00 pm	– In Class
Sunday	May 15	9:00am to 5:00pm	– In Class

Lifeguard Training – May Class 3 - Blended Learning

Limit 8

Thursday	May 12	5:30pm	Prerequisite test and pick up materials. Emailed link sent for online portion.
Saturday	May 21	8:00am to 5:00 pm	– In Class
Sunday	May 22	9:00am to 4:00pm	– In Class

Sign ups begin April 25, 2022 for all classes listed above. Spots not held without payment.

On-Line registration available at coomescenter.com

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