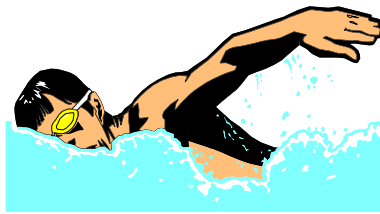


Coomes Recreation Center
300 Stanley Street
Abingdon, VA 24210
(276) 623 – 5279
cast@abingdon-va.gov



Aquatic Department

American Red Cross Lifeguarding Certification Classes - 2023

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: *schedule an appointment by contacting Carri Bradshaw at cast@abingdon-va.gov.

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 – February 4-5 – Blended Learning **Limit 10**

Prerequisite test must be completed by Thursday January 26th by 5pm.

Saturday February 4th 8:00 am to 4:00 pm – In Class

Sunday February 5th 9:00 am to 5:00pm – In Class

Lifeguard Training – February 20-25 – In Person Training **Limit 10**

Monday February 20th 5:00 pm to 8:00 pm – In Class

Tuesday February 22nd 5:00 pm to 8:00 pm – In Class

Wednesday February 23rd 5:00 pm to 8:00 pm – In Class

Thursday February 24th 5:00 pm to 8:00 pm – In Class

Friday February 25th 5:00 pm to 8:00 pm – In Class

Lifeguard Training – March 4-5 – Blended Learning **Limit 10**

Prerequisite test must be completed by Wednesday February 22nd by 5pm.

Saturday March 4th 8:00 am to 4:00 pm – In Class

Sunday March 5th 9:00 am to 5:00pm – In Class

Lifeguard Training April 1-2 – Blended Learning **Limit 10**

Prerequisite test must be completed by Wednesday March 22by 5pm.

Saturday April 1st 8:00 am to 4:00 pm – In Class

Sunday April 2nd 9:00 am to 5:00pm – In Class

Lifeguard Training –May 20-21– Blended Learning **Limit 10**

Prerequisite test must be completed by Thursday May 10thby 5pm.

Saturday May 20th 8:00 am to 4:00 pm – In Class

Sunday May 21st 9:00 am to 5:00pm – In Class

Sign ups open now for classes listed above. Spots not held without payment.

On-Line registration available at coomescenter.com

Questions please email Carri Bradshw at cast@abingdon-va.gov
