



# Train now to be a CRC Lifeguard

Call 357-POOL(7665) [www.cincyrec.org](http://www.cincyrec.org)



## Lifeguard Training Courses 2010

American Red Cross Lifeguard Training courses are designed to prepare an individual for lifeguard responsibilities.

- **Just show up and come prepared to swim! No pre-registration required!**
- Attendance at every class is mandatory.
- Courses are free to those who work full-time for CRC for the entire 2010 summer season (book fee \$35). Course fee for those who don't work for CRC, \$235, includes book fee.
- Participants must turn 15 by the end of the lifeguard course.
- Participation in at least one free swim stroke clinic prior to the class is recommended. You may need to attend more than one session.

### Mt. Auburn Indoor Pool

270 Southern Ave. 45219

off Auburn Ave, across from Christ Hospital, parking behind ballfield on lower level. Use driveway off Young St.

### University of Cincinnati's Campus Recreation Center Pool

2820 Bearcat Way. 45221

<u>Location</u>	<u>Dates</u>	<u>Days of Week</u>	<u>Times</u>
<b>Spring</b>			
1. Mt. Auburn/UC	4/9/10 to 4/18/10	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 10:00 am to 6:00 pm
* (Report to UC's Campus Rec. Center Pool on Friday 4/9/10 at 5:45 pm for class tryouts.)			
2. Mt. Auburn/UC	4/30/10 to 5/9/10	Fri. Sat. & Sun.	5:45 pm to 8:45 pm 10:00 am to 6:00 pm
* (Report to UC's Campus Rec. Center Pool on Friday 4/30/10 at 5:45 pm for class tryouts)			

### Ryan Pool

3224 Meyer Place. 45211

#### Summer

3. Ryan Pool	6/14/10 to 6/18/10	Mon. thru Fri.	8:30 am to 4:30 pm
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**357-POOL(7665) or e-mail us at [aquatics@cincinnati-oh.gov](mailto:aquatics@cincinnati-oh.gov).**

**Course entrance requirements:** 1.) 300 yard continuous swim, front crawl (100 yards), breast stroke (100 yards) front crawl and/or breast stroke (100 yards); 2.) Swim 20 yards using front crawl or breast stroke, surface dive to a minimum of 7 feet, retrieve a 10 pound object, return to the surface with the object and swim back to the starting point, keeping face above water and holding the 10 pound object with both hands.