

Learn to be a lifeguard at S. Tahoe pool

There will be two American Red Cross lifeguard trainings at the South Lake Tahoe pool soon.

The purpose is to provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Participants will be trained and certified to provide care for breathing and cardiac emergencies, injuries, and sudden illness until emergency services take over.

Participants must be at least 15, be able to swim 300 yards continuously while demonstrating breathing control and rhythmic breathing, tread water for two minutes using the legs only, and complete a timed event. The class includes 7 hours and 25 minutes of online learning and 20 hours of hands-on instruction.

The pool is at 1180 Rufus Allen Blvd.

Call 530.542.6056 for a pre-course swim test. Cost is \$225. Register online.

Session one is Feb. 16-20, 4-8pm. Registration deadline is Feb. 9. Second session is April 6-10 from 4-8pm. Deadline to register is March 30.