

# Life saving course being offered in SLT

The South Lake Tahoe Recreation Department is offering American Red Cross certified lifeguard training.

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

Upon successful completion, participants will receive the American Red Cross certificate for lifeguarding/first aid/CPR/AED, which is valid for two years.

Precourse and swim test is by appointment, call 530.542.6059

Classes are March 14-22, Mondays, Tuesdays and Thursdays from 4-8:30pm. Cost is \$225. Register **online**.