

Lifeguard training in South Lake Tahoe

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

The courses are being taught by Liz Terzian. 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 16, be 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 7 hours and 25 minutes of online learning and 20 hours of hands-on instruction.

To schedule the precourse swim session, call 252.917.1867. The deadline to **register** is Oct. 14. Classes start Oct. 21.