

Life saving classes at South Tahoe pool

The 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 receive 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 16, 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.

Pre-course and swim test must be completed before first class; call 252.917-1867.