

American Red Cross Lifeguarding Courses available at the Kettering Recreation Complex

This course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include: water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more.

****Lifeguarding** –You must pass a Kettering Aquatic Training School (KATS) Pre-Skills prior to registering for this class.

KATS Pre-Skills is required

Reg #			
02-10151-A	Sun.	11 – 11:45 a.m.	April 15
02-10151-B	Sun.	11 – 11:45 a.m.	April 29

ARC Lifeguarding

02-10152-A	Fri.	5 – 9 p.m.	April 20 & 27
	Sat.	8 a.m. – 2 p.m.	April 21 & 28
	Sun.	8 a.m. – 2 p.m.	April 22 & 29
02-10152-B	Fri.	5 – 9 p.m.	May 4 & 11
	Sat.	8 a.m. – 2 p.m.	May 5 & 12
	Sun.	8 a.m. – 2 p.m.	May 6 & 13

For further information and KATS Pre-Skills schedules, please contact Rebecca.Grushon@Ketteringoh.org or call 937-296-3368

