



LIFEGUARDING

Spring 2022 • PED 198

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Prerequisites: Minimum age – 15 years; swim 300 yards continuously; tread water for two minutes using only the legs; complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Participants who successfully complete the Lifeguarding course receive an American Red Cross Certificate for Lifeguarding, valid for two years.

PED 198 001 Thursday, Friday • 5-10 p.m., Saturday • 9 a.m.-5 p.m. • Jan. 27-29, 2022

PED 198 002 Thursday, Friday • 5-10 p.m., Saturday • 9 a.m.-5 p.m. • March 24-26, 2022

PED 198 003 Thursday, Friday • 5-10 p.m., Saturday • 9 a.m.-5 p.m. • May 26-28, 2022

For more information, call (708) 456-0300, Ext. 3130.

No matter who you are or what you aspire to be ...

There's
a place
for you.



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