

# LIFEGUARD TRAINING COURSE

## KANE'OHE SWIMMING POOL

45-660 Kea'ahala Road,  
Kane'ohe, HI 96744

December 19 – 22, 2022

8:30 am – 4:00 pm

American Red Cross  
Blended Online Learning  
Lifeguarding with CPR/AED

for Professional Rescuer and First Aid

Valid for 2 years

Minimum age: 15 years old by December 22, 2022

### **Candidates must be able to:**

1. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute and 40 seconds:
  - Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, 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 with both hands holding the object and keeping the face at or near the surface in order to breathe (or to get a breath).
  - Exit the water without using a ladder or steps.

For more information, fees and registration, please contact

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