

CITY OF SOUTH LAKE TAHOE

1901 Airport Road
South Lake Tahoe, California 96150
www.cityofslt.us
Ph: 530-542-6000



MEDIA ADVISORY

Contact: Tracy Franklin, Public Information Officer
Phone: (530) 542-6093 Cell: (530) 318-9782

American Red Cross Lifeguard Training

WHAT: American Red Cross Lifeguard Training

WHO: All community members

WHERE: Recreation and Swim Complex, 1180 Rufus Allen Blvd.

WHY: The South Lake Tahoe Recreation Department is offering two American Red Cross Certified Lifeguard Training courses. The courses are being taught by City employee, Liz Terzian and will provide participants with the 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 EMS (emergency services) take over.

Participants must be at least 16 years of age, be 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.

Upon successful completion, participants will receive the American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED, which is valid for two years. Attendance at all facility sessions and completion of all online lessons are two of a number of requirements necessary to successfully pass for certification.

Facilitator: Liz Terzian, American Red Cross Certified Instructor

Pre-course and swim test must be completed before 1st class:
By appointment (Please call 252-917-1867)

Session A: 7 Classes: Wednesdays & Fridays
April 5th – 28th (excluding Friday April 14th)
Wednesdays 4pm-8pm & Fridays 3pm-7pm
(Must register by April 3rd)

Session B: 4 Classes + 20hrs Online: Fridays & Saturdays
May 5th – 13th
Fridays 3pm-7pm & Saturdays 10am-6pm
(Must register by May 1st)

Fee: \$135 plus \$35 fee paid to ARC

Register online at www.cslt.sportssignup.com