



When: April 24th 4pm - 6pm

Must attend all classes to become recertified.

Where: Lincoln College Scully Natatorium

Instructor: Amber Jordan

Cost: \$100 (To Lincoln Park District)

****You may use the link below to study for written and pool test****

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

Please be prepared for new skills and to be in the water.

Requirements to pass:

- Swim 300 yards continuously, demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water swim 20 yards
 - Surface dive to a depth of 7 to 10 feet to retrieve a 10 pound brick
 - Surface and swim 20 yards on back, with both hands on the object
 - Exit the water without using a ladder or steps
- Pass both Lifeguarding and CPR/AED tests with an 80% or better.

**** Call the Lincoln Park district at 217 - 732 - 8770 to register payment is due by
April 22nd at 4pm ****

**** Contact Amber Jordan @ 618 520 3232 if you have any questions****