

# American Red Cross – Lifeguard Certification Class

Hosted by City of Newport News – Aquatics

## Brittingham-Midtown Aquatic Center

570 McLawhorne Drive, Newport News VA 23601

(757) 591-4573

Course Registration Fee Is \$50.00

***Become A Lifeguard  
Be A Leader  
Earn Money  
Save Lives***

### Prerequisite Swim Test

Participants must complete the pre-test before taking the course.

- Swim 300 yards continuously without stopping, using the front crawl or breaststroke.
- Tread water for 2 minutes using the legs only.
- Swim 20 yards, retrieve a 10 pound diving brick from 7 – 10 feet deep, swim back to the starting point with both hands on the brick, exit the pool without using a ladder, within 1 minute 40 seconds.

Contact Matt Johnson at (757) 591-4573 or by e-mail at [amjohnson1@nnva.gov](mailto:amjohnson1@nnva.gov) to schedule your prerequisite swim test.



[https://apm.activecommunities.com/nnparksrectourism/Activity\\_Search/25686](https://apm.activecommunities.com/nnparksrectourism/Activity_Search/25686)

### Spring Break 2020 Class Dates

Participants must attend all class sessions in their entirety.

Monday	April 6 <sup>th</sup>	9:00am – 5:30pm
Tuesday	April 7 <sup>th</sup>	9:00am – 5:30pm
Wednesday	April 8 <sup>th</sup>	9:00am – 5:30pm
Thursday	April 9 <sup>th</sup>	9:00am – 5:30pm
Friday	April 10 <sup>th</sup>	9:00am – 5:30pm