

# Become a Lifeguard!

Dec 26 - Jan 4

Wednesday-Friday 10:00am-3:00pm

\*Pretest: Friday, December 21, 4:30pm

\*NW LG Prep: Saturday, January 5,  
11:00am-2:00pm

Pretest Skills Include:

300 Yard Combined Freestyle/Breaststroke swim

2 Minute Tread Water Without Using Arms

Timed Brick Retrieval

Class & materials: \$150 total

Students must have access to the internet to download the textbook.



## Register now!

Course #63675

(253) 835-6900

Federal Way  
**COMMUNITY  
CENTER**  
*It all happens here*



Minimum 15 Yrs. of age.

Certifications include:

- Lifeguard Training
- First Aid
- C.P.R. & A.E.D.
- Bloodborne Pathogens
- NW Lifeguard Prep Course