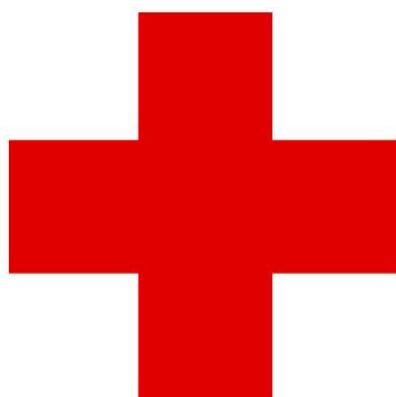


# LIFEGUARD TRAINING



**American  
Red Cross**

## Shallow Water Certification Course

May 11

**\$150**

8am – 8pm

CPR mask, meals & housing included

*For more information or to  
register:*

[fmcbartlett@gmail.com](mailto:fmcbartlett@gmail.com), or  
(407) 971-8540

### Pre-requisites:

- At least 15 years old
- Swim 100 yards using the breaststroke and crawl
- Tread water for 2 minutes without using your hands
- Swim 20 yards, retrieve a 10-pound brick and return it to the original end in 50 seconds or less

Training includes first aid, CPR, and AED training

Please bring a refillable water bottle and snacks

### Training location:

**Deerhaven Retreat &  
Conference Center  
47924 NFS 540-2  
Paisley, FL 32767  
(off CR 42)**

**Call now – limited space!**

