

# Become a Lifeguard!

June 7th - 20th, 2017

Wednesday & Friday 3:30 - 7:30pm

Saturday 9:00am - 1:00pm

Northwest Lifeguard Prep Course:

Monday, June 20th 3:30pm

Pretest: Friday, June 2nd 4:00pm

Pretest Skills Include:

300 Yard Combined Freestyle/Breaststroke swim

2 Minutes Treading Water Without Using Arms

Timed Brick Retrieval From Bottom Of Pool

**Class & materials: \$150 total**

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

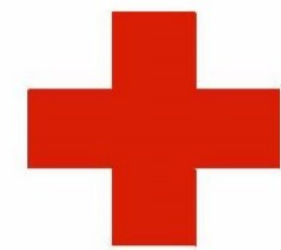


## Register now!

Course #57341

(253) 835-6900

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



**American Red Cross**

*Together, we can save a life*