



Wausau UW-Stevens Point



American Red Cross Lifeguard Training and Recertification

Learn the skills to become a professional rescuer and gain a lifeguard certification. Students must be 15 years old and be able to swim 300 yards in a pool, tread water for 2 minutes, swim 20 yards

and retrieve a 10 lb. brick off the bottom of the pool and swim back. This four-day class is a blended class of on-line and classroom work. Class includes CPR mask, instructional manual, whistle and certificate. Class size is limited to 10.

Nov. 8 (4:00 - 8:00 PM);

Nov. 9 (4:00 - 8:00 PM);

Nov. 10 (9:00 AM - 6:00 PM);

Nov. 11 (9:00 AM - 6:00 PM)

\$199

(includes all materials and certification)

Rooms: Pool and FeildHouse 112 Classroom

Instructor: Nichole Saal has been a guard for 24 years and has taught lifeguard training for the past 3 years. She is currently the pool manager at the YMCA in Mosinee and during the summer works as the Wausau City Pool Director. She enjoys life guarding and teaching guarding to the next generation.

For questions or help with registering, please contact the Office of Continuing Education at 715-261-6294

<https://ce.uwc.edu/wausau/catalog>

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