



Greensboro Chapter  
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### **Show the world what you are made of – Be a lifeguard**

**[Greensboro, NC]** – Looking for something fun and rewarding to do this summer? Become a Red Cross trained and certified lifeguard! As a lifeguard, you will learn the skills to help save lives. There is currently a national shortage of qualified lifeguards so your community needs your help guarding lives at water parks, pools and lakes. The American Red Cross Greensboro Chapter has partnered with The Club at Oak Branch Fitness Center to host lifeguarding classes. Through this partnership, we hope to minimize the shortage of lifeguards in our community this summer. If you are a good swimmer and up to the challenge, contact the Red Cross Greensboro Chapter to register for a Lifeguarding Course.

Our Lifeguarding Course combines classroom learning and hands-on practice build key skills. Participants will learn surveillance skills to help recognize and prevent injuries and rescue skills in water and on land. The course also includes First aid training and Professional Rescuer CPR to help you prepare for an emergency. Furthermore, participants will learn about professional lifeguard responsibilities, like interacting with the public and addressing uncooperative patrons.

#### **Lifeguard Training Class #1**

March 26 (F)	Pre-test 7pm – 9pm
March 28 (Su)	9am – 5pm
March 29 (M)	9am – 5pm
March 31 (W)	9am – 5pm
April 2 (F)	12:00 noon– 5pm

#### **Lifeguard Training Class #2**

April 16 (F)	Pre-test 7pm – 9pm
April 18 (Su)	9am – 5pm
April 20 (Tu)	6pm – 10pm
April 22 (Th)	6pm – 10pm
April 25 <sup>th</sup> (Su)	9am – 5pm
April 27 (Tu)	6pm – 10pm
April 29 (Th)	6pm – 10pm

These classes will be held at The Club at Oak Branch, 21-A Oak Branch Drive in Greensboro. Cost \$215.

To register for the course, please contact the Red Cross Greensboro Chapter at 336-333-2111.

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*The American Red Cross helps people prevent, prepare for and respond to emergencies. Last year, almost a million volunteers and 35,000 employees helped victims of almost 75,000 disasters; taught lifesaving skills to millions; and helped U.S. service members separated from their families stay connected. Almost 4 million people gave blood through the Red Cross, the largest supplier of blood and blood products in the United States. The American Red Cross is part of the International Red Cross and Red Crescent Movement. An average of 91 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work.*