Cabrillo Beach Youth Center
3000 Shoshoenean Rd
San Pedro, CA 90731, US
BSA Lifeguard Training
(3 Saturdays)
March 7, 14 & 21 from 10 am to 3 pm
Cost $250 per person

Please bring your lunch, no meal provided

Prerequisites:

• Proof of age (15)
• Written evidence of fitness for swimming activities
• Swim continuously for 550 yards in good form using the front crawl or breaststroke or a combination of either, but swimming your back or side is not allowed.
• Immediately following the above swim, trend water for two minutes, using the legs only
• Starting in the water, swim 20 yards using a front stroke, breaststroke, surface 7 to 10 feet retrieve a 10 lb. object, surface, and swim on your back for with the object 20 yards on your back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.

You will be learning the skills and requirements for a BSA lifeguard training.

CANCELLATION POLICY:
Up until 30 days prior to camp/event:

• cancellation fee of 25% of total reservation cost for each spot dropped
• after that, no refunds will be provided
• balance in full due

FOR MORE INFORMATION:
Program Director: Pam Sanders Craft at 310-831-1984

SIGN UP ONLINE AT WWW.GLAAACBSA.ORG