

Lifeguarding Certification Course



Lifeguarding - BL (Online & In-Person Training):

The purpose of this course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Participants will also learn how to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over.



Participants who successfully complete this course will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years.



**SATURDAY 4/6 &
SUNDAY 4/7
8:00AM - 6:00PM**

Minimum age: 15 years
Read more about the requirements.

More information & registration at:
www.milfordrecreation.com