

# LIFEGUARD

## *Training*



### **Class 1:**

March 26 • 1600-2100

March 27 • 1600-2100

March 28-29 • 0800-1700

March 30 • 1600-2100

Admiral Prout Field House Pool

### **Class 2:**

April 6-10 • 0900-1530

Admiral Prout Field House Pool

### **Class 3:**

April 25, 26 May 2, 3 • 0800-1630

Admiral Baker Pool

*Must be able to attend all dates*

### **Prerequisites:**

Minimum age of 15 years old, able to swim 300 yards of continuous freestyle and breast stroke and retrieve a 10 pound brick from the deep end of the pool.

### **Cost and Registration**

Active duty, \$100

All others \$125

All materials are included.

Register today at the Admiral Prout Field House Pool, NAVBASE, Bldg. 3279 • 619-556-8659

*Pre-registration is required.*

