



+ American Red Cross LIFEGUARD

Training Certification at Thomason Gym Pool

FREE for Military Youth 15+ years of age

May 3rd, 4th, 10th, and 11th

10 a.m. - 5 p.m.

To be eligible you must be :

- ◆ A child of Active Duty, Reserve, Retired, or Veteran Service Member with base access
- ◆ 15+ years of age, and
- ◆ Pass the Pre-Test on May 2nd.

+ REQUIRED Pre-Test: May 2nd 4-6 p.m.

All applicants must pass the pre-test in order to participate in the course.

Pre-test will consist of:

- ◆ 300 yard non-stop swim
- ◆ Treading water for 2 minutes
- ◆ 20 yard sprint, surface dive 10 feet, retrieve a 10lb brick and swim back to the side of the pool. This will be timed.

Cost is Free! However, Spots are limited. Register by April 25th.

To register or for more information contact:

Sara Anderson **229-639-7940**

or email VolunteerMCLBA@gmail.com

(Female applicants must wear a 1-piece suit)



**VOLUNTEER
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Governor's Office for
Children and Families

