

LIFEGUARD SWIM^{TO} WORK

LIFEGUARD

PRE-LIFEGUARD TRAINING SWIM SESSIONS

For those interested in Lifeguard Training but unsure about pre-qualifications. We'll focus on all aspects of the pre-qualifier swim test.

ATTEND AS MANY CLASSES AS NEEDED TO BE PREPARED FOR THE OFFICAL TEST

- Open to ages 15+ (age 15 by March 6th)
- Base access required
- Registration encouraged but not mandatory / Drop-ins are welcome

GAIN CONFIDENCE - IMPROVE SKILLS - ACHIEVE YOUR GOALS

EVERY
TUE & THU
JAN 7 - APR 25

4-6PM



Fitness and Aquatics Center

850-623-7412