



# 2018 CHEROKEE LIFEGUARD CERTIFICATION

Date	Time	Location
Saturday, March 17, 2018	8 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.	CRMC Wellness Center
Sunday, March 18, 2018	8:00 a.m. - 11:00 a.m. and 12:00 p.m. - 3:00 p.m.	
Saturday, March 24, 2018	9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.	
Sunday, April 15, 2018	9:00 a.m. - 2:00 p.m.	
Sunday, April 29, 2018	8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.	
TBD (Late May/Early June)	TBD	Bacon Aquatic Center

- 15 years of age before the last class (May 24th)
- Required to attend all class sessions
- Bring a towel and swimsuit to each class
- Participants need to be prepared to swim 12 laps without stopping using front crawl and breaststroke, treading water with no hand motions for 2+ minutes, and retrieving a 10 lb. weight from the bottom of the pool (9 ft. deep) and swimming on their backs with it to the opposite end of the pool using no hands.

**COST: \$175.00** (checks made payable to Jessica Bieber)

**DUE DATE: March 9, 2018**

If participant does not pass swimming pretest, payment will be refunded. Once swimming pretest is passed and class instruction has begun, payment is non-refundable.

**Class size is limited. Please call the CRMC Wellness Center at 712.225.6858 to register. For more information or questions, please email the instructor at [cedarjessica@gmail.com](mailto:cedarjessica@gmail.com)**



**CHEROKEE** REGIONAL  
MEDICAL CENTER  
**WELLNESS CENTER**