

Media Contact:

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**FOR IMMEDIATE RELEASE 2/19/19**
Lifeguard Courses

The City of Cleveland will be offering two American Red Cross Lifeguard certification courses this spring. The course costs \$200 with a \$50 non-refundable deposit. All classes will be held at the Denning Center located at 350 Central Avenue, Cleveland, TN 37311. Information about the course is provided below. For registration and additional questions please contact Kelly McClanahan at kmccclanahan@clevelandtn.gov or call (423) 650-7616.

Price: \$200; including a non-refundable deposit of \$50

Location: The Denning Center, 350 Central Ave NW, Cleveland, TN.

Description: Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Prerequisites:

- Minimum age: 15 years
- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 min, 40 sec by swimming 20 yards, surface dive to retrieve a 10 lb object from a depth of 7 to 10 feet, return to the surface and swim 20 yards on the back to return to the starting point.

Contact: Kelly McClanahan,
kmccclanahan@clevelandtn.gov, 423-650-7616 to register or for more information

Dates:Course #1:

Friday, March 1st, 5:00p-9:00p
Saturday, March 2nd, 9:00a-6:00p
Sunday, March 3rd, 1:00p-8:00p
Monday, March 4th, 5:00p-9:00p
Wednesday, March 6th, 5:00p-9:00p
Thursday, March 7th, 5:00p-9:00p

Course #2:

Saturday, March 16th, 9:00a-6:00p
Sunday, March 17th, 11:30a-8:00p
Saturday, March 23rd, 9:00a-6:00p
Sunday, March 24th, 11:30a-8:00p