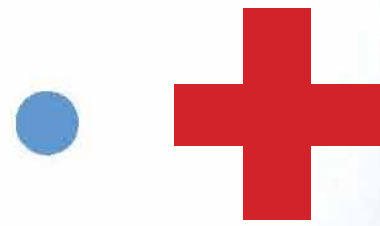


# LIFEGUARD TRAINING

*HFFA is proud to offer American Red Cross lifeguard instruction and certification. This course consists of group discussion, situational scenarios, videos, and hands-on training designed to instruct participants on observational and surveillance skills and victim rescue.*

*Participants must be a minimum of 15 years old and be able to pass the swimming requirements. Upon successful completion of the course, participants will receive their Lifeguard/First Aid and CPR/AED for the professional rescuer certifications, both valid for 2 years.*



**American Red Cross**  
*Together, we can save a life*

## Course Information

### **Lifeguard Instruction Week Day Classes**

*(begins on Monday, ends on Friday)*

- **March 5 - 9**  
Mon.-Thurs. - 9:00 AM - 2:30 PM  
Fri. - 9:00 AM - 3:00 PM
- **March 12 - 16**  
Mon.-Thurs. - 9:00 AM - 2:30 PM  
Fri. - 9:00 AM - 3:00 PM
- **March 19 - 23**  
Mon.-Thurs. - 9:00 AM - 2:30 PM  
Fri. - 9:00 AM - 3:00 PM
- **April 2 - 6**  
Mon.-Thurs. - 9:00 AM - 2:30 PM  
Fri. - 9:00 AM - 3:00 PM
- **October 15 - 19**  
Mon.-Thurs. - 9:00 AM - 2:30 PM  
Fri. - 9:00 AM - 3:00 PM

### **Weekend Classes**

*(begins on Friday, ends on Sunday)*

- **April 6 - 8**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM
- **April 13-15**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM
- **May 18-20**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM
- **May 25-27**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM
- **December 21-23**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM
- **December 28-30**  
Fri.-Sat. - 9:00 AM - 6:00 PM  
Sun. - 9:00 AM - 6:00 PM

### **Workplace CPR/AED/First Aid**

- **March 17 - 7:00 AM - 12:00 PM**
- **September 15 - 7:00 AM - 12:00 PM**
- **December 8 - 7:00 AM - 12:00 PM**

