

Media Contact:
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FOR IMMEDIATE RELEASE 2/20/18

Lifeguard Courses

The City of Cleveland will be offering lifeguard review and certification courses this spring. The lifeguard review course costs \$100 and the lifeguard certification course costs \$200. All classes will be held at the Denning Center, 350 Central Avenue, Cleveland, TN 37311. Information about both courses are provided below. For registration and additional questions please contact Kelly McClanahan at kmccclanahan@clevelandtn.gov or call (423) 650-7616.

Lifeguard Courses

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:

Saturday, March 17th, 9:00a-6:00p
Sunday, March 18th, 9:00a-6:00p
Saturday, March 24th, 9:00a-6:00p
Sunday, March 25th, 9:00a-6:00p

Course #2:

Saturday, April 7th, 9:00a-6:00p
Sunday, April 8th, 9:00a-6:00p
Saturday, April 14th, 9:00a-6:00p
Sunday, April 15th, 9:00a-6:00p

Course #3:

Saturday, April 21st, 9:00a-6:00p
Sunday, April 22nd, 9:00a-6:00p
Saturday, April 28th, 9:00a-6:00p
Sunday, April 29th, 9:00a-6:00p

190 Church Street NE, Cleveland, TN 37312
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Lifeguard Review Courses

Price: \$100

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

Description: An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

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

Prerequisites:

- 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.

Dates:

Course #1:

Saturday, May 19th, 9:00a-9:00p

Course #2:

Sunday, May 20th, 9:00a-9:00p