



**BOYS & GIRLS CLUBS**  
OF DEEP EAST TEXAS



**American  
Red Cross**

**Boys & Girls Club of  
Deep East Texas**

LG Instructor:  
Erik Cozadd  
Phone 936 560-6844  
Email [aquatics@bgcdet.org](mailto:aquatics@bgcdet.org)



# American Red Cross Lifeguarding Class

If you're 15 or older and looking for a great summer job or a challenging career, American Red Cross Life Guarding is the best place to start. This course helps you develop skills and experience, valued by colleges and future employers. You'll develop new skills and learn how to deal effectively with people, fostering a "take charge" attitude. You'll also get a participant's manual and tips for securing a life guarding job.

**Two Course Offered and Fees:**

**March 26-28th** Friday 5-6 pm, Saturday and Sunday 8-5 pm **Cost: \$150**

**April 16-18th** Friday 5-6 pm, Saturday and Sunday 8-5 pm **Cost: \$150**

**May 8-10th** Friday 5-6 pm, Saturday and Sunday 8-5 pm **Cost: \$150**

**Certifications Earned:**

- Lifeguard Training (valid for 3 years)
- First Aide Training (valid for 3 years)
- CPR/AED Training for Lifeguards (valid for 1 year)

**Prerequisites:**

- Must be 15 years old by the first day of the course.
- Must be able to attend all sessions of the course.
- Swim 300 Yards (12 lengths of the pool) 100 Freestyle stroke, 100 Breaststroke, 100 either Freestyle or Breaststroke.
- Swim 25 yards (1 length of the pool) dive 7 feet deep to pick up a block and swim 25 yards, returning to the starting side of the pool within 1:40 time limit.

**Important Information:**

Class sizes are limited to 14 students. Contact Erik Cozadd and pay all fees to secure your spot in one of these classes.

**Location:**

Lehmann Swim Center - Indoor Pool  
2712 Park Street, Nacogdoches, TX 75903

Detach Here

Detach Here

Detach Here



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Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please fill out this information stub, include a \$150 Check or Money Order, and mail to:

Boys & Girls Club of Deep East Texas  
Attention: Erik Cozadd  
P.O. Box 631345  
Nacogdoches, TX 75963