



University of Maine at
PRESQUE ISLE
North of Ordinary



American Red Cross

2023 Full Lifeguard Courses

\$225

10 participants for each class

May Class	June Class
Saturday and Sunday, May 20 and 21	Saturday and Sunday, June 17 and 18
9:00 am to 4:00 pm	9:00 am to 4:00 pm
Registration deadline is May 12	Registration deadline is June 9

Lifeguard Recertification Courses

\$125

10 participants for each class

April Class	June Class
Sunday, April 30	Sunday, June 4
9:00 am to 4:00 pm	9:00 am to 4:00 pm
Registration deadline is April 21	Registration deadline is May 26

Participants will need to demonstrate 3 prerequisite swimming skills:

1. 300-yard swim (6 Laps) using front crawl or breaststroke
2. Tread water for 2 minutes without using hands
3. Retrieve a 10-pound brick from the bottom of the deep end

If unable to complete the tasks, participants will not be able to continue.

Both classes will require online work to be completed before the first class. More information will be sent out once registered.

To register, complete the **LIFEGUARD COURSE** form with **FULL PAYMENT** and drop it off at Gentile Hall or mail it to:

**Gentile Hall
ATTN: Sloan Dionne
181 Main Street
Presque Isle, ME 04769**

If under 18, a parent will need to sign the registration form.