

LIFEGUARD CERTIFICATION!



Lifeguard Certification at ARFC Coming this Fall

ARFC is now offering Three-Day Lifeguarding Courses. The course includes both online and hands-on learning. Online training includes an eBook and videos. In-person training focuses on practicing skills needed to prepare, respond, and prevent emergencies.

Session 1: October 4-6

Friday 4 PM-9 PM ● Saturday 9 AM-6 PM ● Sunday 9 AM-6 PM

Session 2: October 18-20

Friday 4 PM-9 PM ● Saturday 9 AM-6 PM ● Sunday 9 AM-6 PM

Session 3: November 1-3

Friday 4 PM-9 PM ● Saturday 9 AM-6 PM ● Sunday 9 AM-6 PM

Session 4: November 15-17

Friday 4 PM-9 PM ● Saturday 9 AM-6 PM ● Sunday 9 AM-6 PM

Minimum of 6 and maximum of 10 in each course.

To register contact Piper Rea, piperrea@gmail.com or Bree Renz, bree@ar-fc.com

When you register, you will get a link to the online portion of the class. It needs to be completed before the first day. You also will need to pass a pre-requisite swim test that first day.

For more information contact Piper Rea, piperrea@gmail.com or contact Bree Renz at bree@ar-fc.com.