

American Red Cross  
"All-In-One-Weekend"  
Lifeguard Training COURSE  
(with FIRST Aid and CPR)

Where: Los Alamitos Community Center  
at 10911 Oak Street in the City of  
Los Alamitos.



When: Friday, **June 9**, from 6-10 PM  
and Saturday, **June 10**, and Sunday, **June 11**,  
from 8 AM to 8 PM each day.

Prerequisites: You must be at least 15 years  
old, able to swim 500 yards continuously,  
and able to retrieve a 10-lb object from the  
bottom of the pool and swim with it 20 yards  
using legs only.

Cost: \$150 (includes text and pocket mask).



How to Register:  
Call 562-430-1073 ext. 511  
for registration options.