



# American Red Cross Lifeguarding and WSI Courses

for March and April 2006  
at Belmont Plaza Pool in Long Beach, CA

## Lifeguard Training

(including First Aid and CPR)

April 7, 8, and 9

6:30 PM to 9:00 PM F; 8:00 AM to 8:00 PM Sa Su

**Prerequisites:** 15 years and older; able to retrieve a 500 yard buoy continuously; able to retrieve a 20 yard buoy with it 20 yards.

Completed

**Cost:** \$90 (required text and pocket mask not included).

## Lifeguarding Instructor

April 22, 29, and 30

8:00 AM to 6:00 PM Sa Sa Su

**Prerequisites:** 17 years and older; able to demonstrate Lifeguard Training pretest, skill, and knowledge competencies; ARC instructor or FIT

**Cost:** \$90 (required texts and pocket mask not included); FIT course extra.



**Ronald S. Arendas**

*The Water Safety Guy*  
210 Granada Avenue #B  
Long Beach, CA 90803  
Phone: (562) 252-3637  
Cell: (562) 810-1787

[ron@watersafetyguy.com](mailto:ron@watersafetyguy.com)

## WSI

May 6, 7, 14, and 20

8:00 AM to 6:00 PM Sa Su Su Sa

**Prerequisites:** 16 years and older; able to swim front crawl, back crawl, elementary back, sidestroke, breaststroke, and butterfly; able to tread water and float on the back for 1 minute each; FIT.

**Cost:** \$90 (required texts and pocket mask not included); FIT course extra.

To get more information or to enroll,  
call Belmont Plaza Pool at 562-570-1806.