



PARKS AND RECREATION

PRESS RELEASE

FOR IMMEDIATE RELEASE

AMERICAN RED CROSS LIFEGUARDING COURSE ANNOUNCED

Athens Parks and Recreation Department's American Red Cross Lifeguarding Course

ATHENS, TENNESSEE – April 6, 2023- The City of Athens Parks and Recreation Department is offering an American Red Cross Lifeguarding course. This class teaches participants how to prevent, recognize, and respond to aquatic emergencies, and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. With successful completion of this course, participants will be certified with Lifeguarding, CPR/AED for the Professional Rescuer, and First Aid for 2 years.

Class times will be hands-on, with direct supervision from the instructor. Class dates and times will be May 11 & 12 from 5-9 pm, May 13 & 14 from 9-6 pm, and May 15 from 5-9pm; participants must attend all classes. In the event of bad weather, the class will be rescheduled.

The participants will be required to pass a pre-test on May 11th consisting of the following:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Participants may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not allowed.
2. Tread water for 2 minutes using only the legs.
3. A brick dive within 1 minute, 40 seconds.

There will be a written and in-water skills test on the last day of class.

Registration is \$225 for lifeguarding class, \$175 for recertification class and is open from now until May 10th. Call the City of Athens Parks and Recreation Department to register at (423)744-2704 or online. Participants must be at least fifteen (15) years old to register. Class size is limited to the first 10 registered.

For more information, please contact the Office of Parks & Recreation at (423) 744-2704 or email the department at recreation@athenstn.gov or visit the website at www.athenstn.gov/parks.