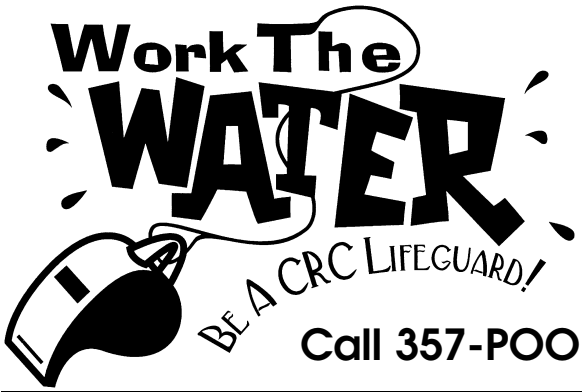
Cincinnati Recreation Commission



Train now to be a CRC Lifeguard

American Red Cross

Call 357-POOL(7665) www.cincyrec.org

Lifeguard Training Courses 2009

American Red Cross Lifeguard Training courses are designed to prepare an individual for lifeguard responsibilities.

- Attendance at every class is mandatory.
- Courses are free to those who work full-time for CRC for the entire 2009 summer season (book fee $35). Course fee for those who don't work for CRC, $235, includes book fee.
- Participants must turn 15 by the end of the lifeguard course.
- Participation in at least one free swim stroke clinic prior to the class is recommended.
- Come prepared to swim.

Over the Rhine Indoor Pool

Pool ph#: 381-8666
1715 Republic St.

Go South on Race Street, past Findlay Market. Park in public city lot on right side of Race, across from brick archway, which leads to the OTR Recreation Center. It is just past Findlay Market, before Green Street.

	Location	Dates	Days of Week	Times
Spring				
	3. OTR	4/4/09 to 4/19/09 (no class 4/12/09)	Sat. & Sun.	9:00am to 5:00pm
	4. OTR	4/13/09 to 5/13/09	Mon. & Wed.	5:30pm to 9:00pm
	(First day is at University of Cincinnati's Campus Recreation Center)			
Summer				
	5. OTR	4/25/09 to 5/10/09	Sat. & Sun.	10:00am to 5:00pm
	6. Ryan	6/1/09 to 6/5/09	Mon. thru Fri.	9:00am to 5:00pm
	7. Ryan	6/8/09 to 6/12/09	Mon. thru Fri.	9:00am to 5:00pm
	Ryan Pool: 3324 Meyer Place, 45211			
	8. OTR	7/13/09 to 7/21/09	Mon. thru Fri.	8:00am to 1:00pm
Fall				
	9. Krueck	10/10/09 to 10/25/09	Sat. & Sun.	10:00am to 5:00pm

***If you have any questions about the Lifeguard Training program or Swim Stroke Clinics call**

357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.

Course entrance requirements: 1.) 300 yard continuous swim, front crawl (100 yards), breast stroke (100 yards) front crawl and/or breast stroke (100 yards); **2.)** Swim 20 yards using front crawl or breast stroke, surface dive to a minimum of 7 feet, retrieve a 10 pound object, return to the surface with the object and swim back to the starting point, keeping face above water and holding the 10 pound object with both hands.