

March 10, 2010

Lava Hot Springs Foundation—Olympic Swimming Complex  
195 N. Center Street, Lava Hot Springs, ID 83246

## **American Red Cross Lifeguard Courses to be offered in Lava Hot Springs**

### **1. MARCH Lifeguarding Course**

Nicole Millward, Instructor  
Lava Hot Springs, Indoor Aquatic Center

Dates and times to be determined.  
Contact Karen Homstad for updates on the March lifeguarding course.

### **2. APRIL Lifeguarding Course**

Dave Nielson and Karen Homstad, Instructors  
Lava Hot Springs, Indoor Aquatic Center

Tuesday, 4/13	5-9pm	Tuesday, 4/20	5-9pm
Wednesday, 4/14	5-9pm	Wednesday, 4/21	5-9pm
Thursday, 4/15	5-9pm	Thursday, 4/22	5-9pm
Saturday, 4/17	7am-1pm	Saturday, 4/24	7am-1pm

### **3. MAY Lifeguarding Course**

Dave Nielson and Karen Homstad, Instructors  
Lava Hot Springs, Indoor Aquatic Center

Tuesday, 5/4	5-9pm	Tuesday, 5/11	5-9pm
Wednesday, 5/5	5-9pm	Wednesday, 5/12	5-9pm
Thursday, 5/6	5-9pm	Thursday, 5/13	5-9pm
Saturday, 5/8	7am-1pm	Saturday, 5/15	7am-1pm

**Cost** is \$150 per student which includes pool and instructor fees, course materials, and a lifeguard's fanny pack.

**Prerequisites** are to be able to swim 300 yards continuously using breaststroke and front crawl. Lifeguards must also be able to retrieve a 10 pound weight from the deep end of the pool—approximately 8 feet.

**For more information and to register please contact**  
Karen Homstad, Aquatics Program Manager  
251-5230 / karen.homstad@LHS.idaho.gov