



757swim Aquatic Center
5720 Warhill Trail
Williamsburg, VA 23188



American
Red Cross

LIFEGUARD CERTIFICATION CLASS

GET CERTIFIED IN ONE DAY

A hybrid approach with self-paced online learning and one day in-person water assessment. The class includes CPR/First Aid/AED Certifications.

Cost:

Lifeguard Certification Class: \$325

Lifeguard Recertification Class: \$225

Requirements

- Must be 15 years old
- Must be able to swim 300 yards and tread water for 2 minutes
- Completion of online portion before day of water assessment

Dates of swimming test and in-person water assessment (choose 1):

Feb 3/4, March 10/11, May 5/6, June 2/3

Approximately 6 hours

Friday Swimming Tests: 4:30-5:00 pm

Saturday In-Person Assessment: 9:00-3:00 pm

Lifeguard Recertification Classes

April 29

- Lifeguard Certification may not be more than 30 days expired.

We also offer certifications for CPR, First Aid or AED training only.

If interested, please email payments@757swim.com to register for classes.



Lifeguard Recertification Test

Susan J. Grosse



Lifeguard Recertification Test:

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spent the past two decades as an active researcher, university professor, ... The Depression Cure: The 6-Step Program to Beat ... Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived, poorly nourished, frenzied pace ... Review of The depression cure: The 6-step program to ... by D Webster · 2010 — Reviews the book, The Depression Cure: The 6-Step Program to Beat Depression without Drugs by Stephen S. Ilardi (see record 2009-04238-000). The 6-Step Program to Beat Depression without Drugs The Depression Cure: The 6-Step Program to Beat Depression without Drugs - Kindle edition by Ilardi, Stephen S.. Download it once and read it on your Kindle ... How to beat depression - without drugs | Health & wellbeing Jul 19, 2010 — Dr Steve Ilardi is slim and enthusiastic, with intense eyes. The clinical psychologist is 4,400 miles away, in Kansas, and we are chatting ... 6 Steps to Beating Depression Many people struggling with depression feel stuck, unsure of what to do or how to move forward. Counseling, medication, and mental health programs are not. Kinn's Administrative Medical Assistant Chapter 12 Study ... Kinn's Administrative Medical Assistant Chapter 12 Study Guide Flashcards | Quizlet. Kinn's Administrative Medical Assistant - Chapter 1 Includes all vocab words, certification prep questions from workbook, class quiz questions, and various other questions. Complete Test Bank Kinn's The Administrative Medical ... Oct 28, 2022 — Complete Test Bank Kinn's The Administrative Medical Assistant 14th Edition Niedzwiecki Questions & Answers with rationales (Chapter 1-22). Administrative Medical Assistant Study Guide If Looking ... If looking for the book Administrative medical assistant study guide in pdf format, then you've come to the loyal website. We present the full edition of ... Kinns Medical Assistant Chapter 1 Study Guide | PDF Kinns Medical Assistant Chapter 1 Study Guide - Read online for free. Study Guide Questions from Quizlet. Study Guide and Procedure Checklist Manual for K This robust companion guide offers a wide range of activities to strengthen your understanding of common administrative skills — including certification ... Kinn's The Administrative Medical Assistant - Te: 15th edition Dec 23, 2022 — Kinn's The Administrative Medical Assistant - Text and Study Guide Package, 15th Edition. Author : By Brigitte Niedzwiecki, RN, MSN, RMA and ... Kinn's The Administrative Medical Assistant, 15th Edition Study Guide and Procedure Checklist Manual for Kinn's The Administrative Medical Assistant. Paperback. ISBN: 9780323874137. Elsevier Adaptive Quizzing for ... Study Guide and Procedure Checklist Manual for Kinn's ... This robust companion guide offers a wide range of activities to strengthen your understanding of common administrative skills — including certification ... Study Guide for Kinn's The Administrative Medical Assistant This robust companion guide offers a wide range of exercises to reinforce your understanding of common administrative skills — including new certification ...