



**CONTACT:**  
Office of College Relations  
1401 S. College Ave.  
Levelland, Texas 79336  
(806) 894-9611, ext. 2211  
Fax: (806) 894-4701

FOR IMMEDIATE RELEASE

CONTACT: Myrna Whitehead

806-716-2212

[mwhitehead@southplainscollege.edu](mailto:mwhitehead@southplainscollege.edu)

### **SPC will offer lifeguard certification class April 24**

LEVELLAND – South Plains College will offer an American Red Cross Lifeguard Certification Class starting April 24. The cost of the class is \$130, and includes book and materials.

The class will meet from 5:30 to 9:30 p.m. on April 24 (Friday); 9 a.m. to 9 p.m. on April 25 (Saturday); 2 to 8 p.m. on April 26 (Sunday); and 9 a.m. to 4 p.m. on May 2. Times may change depending on the number of participants.

Prerequisite Testing and Registration will be conducted on the first night of the class. The pretest includes having students swim 300 yards continually as follows – 100 yards crawl stroke using rhythmic beating, 100 yards breast stroke performed with a pull, kick, glide form and 100 yards crawl or breast stroke. Students also must swim 20 yards, surface dive to a depth of 7 to 10 feet, and retrieve a 10 pound brick and return swimming on the back with both hands on the brick and face out of the water.

Upon successful completion, the student will receive an American Red Cross CPR for professional rescuer and Lifeguard/First Aid certifications.

For more information, contact Mike Harrison, Natatorium Director, at (806) 716-2228.

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