

Open to SOFA
Sponsored
Personnel,
Ages 16 years
& older

*Looking for
something to do
over the summer?*

SWIMMING INSTRUCTOR (5-Day Course)

Monday, April 3 - Friday, April 7

12-5 p.m. • FFC Indoor Pool

Authorized Patrons: \$150, Active Duty Personnel: \$100

Registration Dates: Monday, March 20 - Saturday, April 1
(Pre-class skill checkout must be done by
appointment during registration time.)

This course is dedicated to developing the
knowledge and skills required to plan and teach
swimming. A prerequisite online portion must be
completed before the first day of class.

LIFEGUARD TRAINING (5-Day Course)

Spring Break Session:

Monday, April 3 - Friday, April 7 • 8 a.m.-4 p.m.

Registration Deadline: Monday, March 20 - Saturday, April 1

May Session:

Friday, May 12 • 4-7 p.m.

Saturday & Sundays, May 13, 14, 20, 21 • 12-5 p.m.

Registration Deadline: Monday, April 10 - Thursday, May 12

FFC Indoor Pool • Eligible Patrons: \$100, Active Duty: \$50

Become a trained lifeguard! Learn the necessary
skills you need to work as
a professional lifeguard.
Prerequisite swim is
required before
registration.

BECOME A



GUARD

LIFEGUARD INSTRUCTOR **COURSE** (3-Day Course)

Friday, March 3 • 12-8 p.m.,

Saturday, March 4 &

Sunday, March 5 • 9 a.m.-5 p.m.

FFC Indoor Pool

Eligible Patrons: \$100,

Active Duty Personnel: \$50

Registration Deadline: Thursday, March 2
Become an American Red Cross Lifeguard and
CPR/AED (Automated External Defibrillators)

and first aid instructor
by this weekend course.

A current lifeguard
certificate and a skills
and pre-course
written test will
be required.



NAVY
SPORTS & FITNESS



For more information, call 252-2925.