



**American  
Red Cross**

# JVMP Aquatics Lifeguard Training Course

## Welcome to JVMP's Water Safety!

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Here at JVMP we are committed to ensuring patron safety and providing the best quality of Health and Safety Courses for our public. We offer several classes provided by a number of our American Red Cross Instructors.

**Want to become CPR qualified?** Take our CPR for the Professional Rescuer Course. You will feel accomplished and confident that you can provide care in an emergency.

**Want to become a Lifeguard?** Lifeguarding is a great summer job and builds great character in our youth. You will learn how to prevent injuries and provide First Aid & CPR in our Lifeguarding Course.

**Have a question?** Contact the Head Lifeguard at JVMP:

Jessica Bliven  
(360) 675-7665

**We look forward to seeing you!**



**Interested in taking a course?**  
**Here is a list of our courses and costs.**

### **CPR/AED for the Professional Rescuer with Oxygen Administration:**

**Cost:** \$50.00 per person

**Includes:**

- 1 CPR mask
- 2 certifications valid for 2 years from completion date.

### **Basic First Aid:**

**Cost:** \$50.00 per person

**Includes:**

- 1 certification valid for 3 years from completion date.

### **Lifeguard Training Course:**

**Cost:** \$200.00 per person

**Includes:**

- 4 certifications in:
- Lifeguarding &
  - Basic First Aid  
(valid for 3 years)
  
  - CPR/AED for the Lifeguard &
  - Emergency Oxygen Administration (valid for 1 year)

### **Prerequisite for Lifeguarding Course:**

- Participant must be 15 years of age by last day of class
- Participant must swim 300 meters (6 laps) non-stop front stroke and breast stroke face in making forward progress.
- Participant must retrieve a 10 lb. weight from 12 ft. under 1 min. 40sec.

### **To contact us:**

John Vanderzicht Memorial Pool  
Phone: (360) 675-7665  
Fax: (360) 679-4034  
85 SE Jerome Street  
Oak Harbor, WA. 98277  
Website: [www.oakharborpool.com](http://www.oakharborpool.com)  
Email: [head\\_guard@live.com](mailto:head_guard@live.com)