

LIFEGUARD TRAINING

JUNE 7-21, 2025



Spartan Rec Center
Members \$90
Non-Members \$120
Pre-course skills \$20

SATURDAYS ONLY | 10AM-6PM

Pre-course will be Friday, June 6 | 4-6:00pm
300 N. Campus Blvd., Spartanburg, SC

The primary purpose of the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) professionals take over. (r. 24 Manual)

For more info, visit uscupstate.edu/aquatics or contact Maya Carter, Aquatics Director, at 864-503-5079 or CarterM8@uscupstate.edu



Rec Center
UNIVERSITY OF SOUTH CAROLINA UPSTATE



**American
Red Cross**

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