

Open to ages 15-19 years old.



American Red Cross

**MONDAY, MARCH 13 -
FRIDAY, MARCH 17**

RICHARDSON & TAMC POOL
Schofield Barracks - Tripler Army Medical Center

FREE!

**A \$175 VALUE!
LIMITED SPACES AVAILABLE!**

Training includes CPR/AED and First Aid.
Participants will be certified after passing
the written and skills test.
Certificate is valid for 2 years.

TO APPLY:



**SCAN QR CODE
OR GO TO:**

<https://www.usajobs.gov/job/700707700>

THINGS TO KNOW BEFORE YOU SIGN-UP:

1. Swim 300 meters continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes.
3. Complete a timed event within 1 minute and 40 seconds:
 - Starting in the water, swim 15-20 meters. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 10 to 15 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 meters on the back to return to the starting point with both hands holding the object.
 - Exit the water without using a ladder or steps.

PRE-REQUISITE:

Pre-Requisite Demonstrations must be completed during these following hours:
Monday, Wednesday - Friday • 8 -9 a.m. & 11 a.m. - 4 p.m.
Saturday • 10 a.m. - 4 p.m.

FOR MORE INFORMATION, CALL RICHARDSON (808) 655-1128 OR TRIPLER (808) 433-5257.



HiMWR.com or **MWR HAWAII**