



American Red Cross Lifeguarding, CPR, and AED Courses at Steel Fitness Premier



Steel Fitness Premier is proud to announce the following Red Cross Course schedule; any questions should be directed to Mike Seip at mseip@sfpremierhw.com. The courses are available to both SFP members and non-members. The sessions will check-in at the SFP Front Desk. The front desk will direct you to the location of the session.

Lifeguard Training Course

Saturdays & Sundays are 8 AM – 2 PM
Tuesdays & Thursdays are 4 PM – 8 PM

Session 1: Sat 3/1, Sun 3/2, Thurs 3/6, Sat 3/8, Sun 3/9 & Tues 3/11

Session 2: Thurs 3/13, Sat 3/15, Sun 3/16, Thurs 3/20, Tues 3/25 & Thurs 3/27

Session 3: Sat 3/29, Sun 3/30, Thurs 4/3, Sat 4/5, Sun 4/6, & Thurs 4/10

Session 4: Sat 4/12, Sun 4/13, Thurs 4/17, Thurs 4/24, Sat 4/26, Sun 4/27 & Thurs 5/1

Session 5: Sat 5/3, Sun 5/4, Thurs 5/8, Thurs 5/15, Tues 5/20, Thurs 5/22, & Tues 5/27

Lifeguard Recertification Class (New includes CPR & 1st AID)

Session 6: Sat 3/22 & Sun 3/23 8 AM – 2 PM

Session 7: Fri 4/18 & Sat 4/19 8 AM – 2 PM

Session 8: Sat 5/10 & Sun 5/11 8 AM – 2 PM

Session 9: Sat 5/17 & Sun 5/18 8 AM – 2 PM

Session 10: Sat 5/24 & Sun 5/25 8 AM – 2 PM