

LIFEGUARDING

CERTIFICATION COURSE

01

CLASS DATES

Sunday, March 26 @ 6:30 pm

Prerequisite Swim

Thursday, March 30: 10:00-5:00 pm

Friday, March 31: 9:00-3:00 pm

Saturday, April 1: 9:00-5:00 pm

Sunday, April 2: 11:00-7:00 pm

05

SKILL REQUIREMENT

To enroll in Lifeguarding course, you must be at least 15 years of age before the last scheduled session. To participate in lifeguarding course, you must be able to demonstrate the following skills:

1

Swim 300 yards 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 using only the legs.

3

Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder or steps within 1 minute and 40 seconds.

02

PREREQUISITE

Prerequisite Swim must be completed by Thursday, March 30, 2017 (first day of class)

03

REGISTRATION

Registration starts on Thursday, February 23, 2017. Space is limited. Course fee: \$200.

04

CERTIFICATION

Upon successful completion of this Lifeguarding Course, participants will receive two American Red Cross Universal Certificates: both are valid for two years.

* **Lifeguarding /First Aid**

* **CPR/AED**

QUESTIONS? Please contact the Aquatics Director, Heather Wood, at 355-4665 Or hwood-wegner@barabooschools.net

