



# Lifeguarding Class

## Purpose

The purpose of the Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

## Prerequisites

Candidates must:

1. Be 15 years old on or before the final scheduled session of the course.
2. Swim 100 yards continuously demonstrating breath control and rhythmic breathing. You 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. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 50 seconds:
  - Starting in the water, swim 20 yards using the front crawl or breaststroke. Your face may be in or out of the water. Swim goggles are not allowed.
  - Submerge to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.
  - Exit the water without using a ladder or steps.

## Date and Price

**Class 1— March/April 2023** - 31st 4pm-8pm, 1st & 2nd 10am-6pm - \$250

**Class 2— May 2023** - 12th 4pm-8pm, 13th & 14th 10am-6pm - \$250

**Class 3— May 2023** - 26th 4pm-8pm, 27th & 28th 10am-6pm - \$250

**Class 4— June 2023** - 9th 4pm-8pm, 10th & 11th 10am-6pm - \$250

(Must complete Online learning before first day of class. 100% Attendance of one class is required)

For more information, contact the Aquatics Director, James Clarke at **(814)946-1668**