

# LIFEGUARD CLASS

The Spring Lifeguard class will begin March 12<sup>th</sup> at 6:30 pm. The class will be Monday & Tuesday from 6:30 pm to 9:30 pm for 5 weeks.

The cost will be \$150.

The first class is a swim test, to make sure you have the skills needed for the lifeguard class.

## **The swim test has changed to this format:**

\*Swim 300 yards continuously demonstrating breath control and rhythmic breathing (face in the water).

\* 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. Stopping to “catch your breath” is not permitted.

\*There is no time limit, but you cannot stop.

\*Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.

\*Complete a timed event within 1 minute, 40 seconds.

- Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.

- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.

\*\*\*The pool is open Monday through Thursday 11 am to 10 pm. I highly recommend you start practicing now if you want to be a lifeguard.

**Jennifer Wenner**

Aquatics Manager

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