

American Red Cross

LIFEGUARD TRAINING

March 24 - 30, 2018

Thomas Jefferson Middle School Pool, Port Washington

Fee: \$225.00

The Parks and Recreation Department is offering an American Red Cross Lifeguard Training Course for youth and adults, ages 15 and older, which includes Community First Aid, AED (automated external defibrillator) and CPR-Pro Certifications. To be eligible for the Lifeguard Training course, the candidate must be 15 years of age on or before the final scheduled class. The candidate can not legally use their Lifeguard Certification until age 16.

All candidates must complete the following tests on the first day:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates must swim using the front crawl, breaststroke or a combination of both; however, swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. 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.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

These tests must be completed successfully before you may continue in the class.



Saturday, March 24	12:00 - 4:00 p.m.
Sunday, March 25 (held at the Port Washington Parks and Recreation Department, 201 N. Webster St.)	12:00 - 4:00 p.m.
Monday, March 26 - Friday, March 30	5:00 - 8:30 p.m.



**Register online at www.QualityLifeGrafton.com or at the
Grafton Parks and Recreation Department, 675 N. Green Bay Road, Grafton, WI 53024**