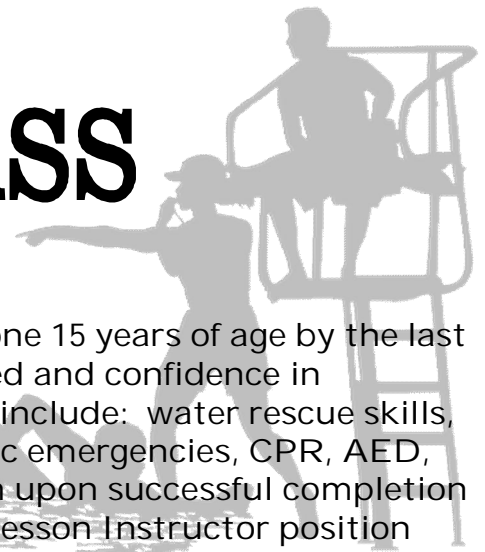




# LIFEGUARD TRAINING CLASS

Sponsored by:  **WAHOO**  
Parks & Recreation



The American Red Cross lifeguard training class is for anyone 15 years of age by the last class session. This course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include: water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED, and more. Participants will achieve a two-year certification upon successful completion of the course and are eligible for a Lifeguard and/or Swim Lesson Instructor position with the City of Wahoo.

Prerequisite: All candidates must pass a pre-test. The goal of the pre-test is to ensure participants have a reasonable expectation to successfully complete the course. The pre-test consists of the successful demonstration of the following skills:

- ✓ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used. There is no time requirement for this skill.
- ✓ 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 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point while maintaining two hands on the object and exit the water without using a ladder or steps. This event must be completed within 1 minute, 40 seconds.
- ✓ Tread water for 2 minutes using only the legs. Hands should be placed under the armpits.

When: Pre-Test: Sunday, May 19<sup>th</sup> 5:30pm-7pm Aquatic Center

Remaining class schedule:

Monday, May 20 <sup>th</sup>	4pm-8pm
Tuesday, May 21 <sup>st</sup>	6pm-9pm
Friday, May 24 <sup>th</sup>	4pm-9pm
Tuesday, May 28 <sup>th</sup>	8am-12pm & 1pm-5pm
Wednesday, May 29 <sup>th</sup>	8am-12pm & 1pm-5pm
Thursday, May 30 <sup>th</sup>	8am-12pm & 1pm-5pm
Friday, May 31 <sup>st</sup>	8am-12pm & 1pm-5pm



**Note: Students must attend every meeting and class at the times listed...no exceptions! Check your schedule!** Attendance in the course does not guarantee lifeguard certification. Students must pass written and practical exams.

Cost: Civic Center members: \$140/student (includes all class materials)  
Non-Members: \$165/student (includes all class materials)

Registration: Begins March 25<sup>th</sup>. Class size is limited to 10 students. Register either in person at the Civic Center or online at [www.wahooparksandrec.com](http://www.wahooparksandrec.com).

Questions: Contact Andrea at (402) 430-4803 for more information.