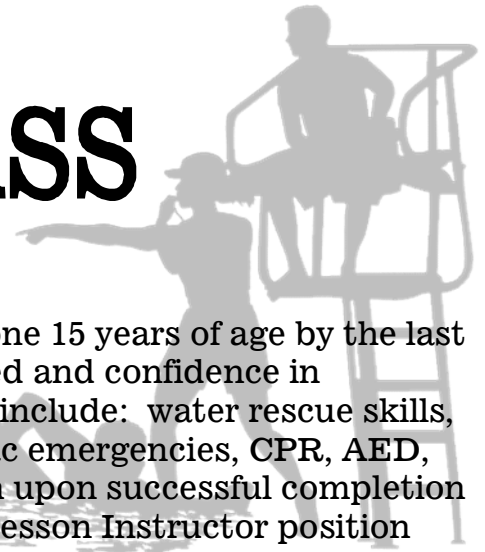




LIFEGUARD TRAINING CLASS



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.
- ✓ Tread water for 2 minutes using only the legs. Hands should be placed under the armpits.
- ✓ Complete the following 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 7-10 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.

When: Pre-Test: Sunday, May 17th 5pm-7pm Aquatic Center

Remaining class schedule:

Monday, May 18 th	4:30pm-6pm (general orientation mtg. at Sr. Center)
Tuesday, May 26 th	8am-12pm & 1pm-4pm
Wednesday, May 27 ^h	8am-12pm & 1pm-4pm
Thursday, May 28 th	8am-12pm & 1pm-4pm
Friday, May 29 th	8am-12pm & 1pm-4pm
Saturday, May 30 th	8am-12pm & 1pm-4pm (testing)



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: \$175/student (includes all class materials)
Non-Members: \$200/student (includes all class materials)

Registration: Begins April 20th. Class size is limited to 10 students. Register either in person at the Civic Center or online at www.wahooparksandrec.com.

Questions: Contact the instructor, Dalton at (402) 607-9588 for more information.