

Lifeguard Training Course

Lifeguard Training Course

If you enjoy helping people, love to swim and want a job that makes a difference, then maybe lifeguarding is for you!

This course provides prospective lifeguards with the skills and knowledge necessary to keep patrons of the aquatic facilities safe in and around the water. It teaches them how to prevent, recognize, and respond to an emergency. Training includes CPR for the Professional Rescuer, AED and First Aid.

REQUIREMENTS:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. 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.
- 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 ft 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. Candidates will not be allowed to swim the distance under water.
 - Exit the water without using a ladder or steps.

Lifeguarding, First Aid, and CPR/AED certifications are valid for 2 years. Participants must be at least 15 years of age. For more information please call Shella at (502) 633-5059 Ext. 212 or email her smays@shelbycountyparks.gov. Must have at least 4 students enrolled to have the class.

Sessions

Session 1 (Spring Break)

Mon. April 9th 9:00am-4:00pm
Tues. April 10th 9:00am-4:00pm
Wed. April 11th 9:00am-4:00pm
Thurs. April 12th 9:00am-2:00pm (test)

Session 2

Fri. May 11th 5:00pm-9:00pm
Sat. May 12th 9:00am-5:00pm
Sun. May 13th 9:00am-5:00pm
Fri. May 18th 5:00pm-9:00 pm
Sat. May 19th 9:00am-2:00pm (test)

Cost \$150.00

For your convenience, you may email the completed form to Shella then call a credit card for payment. Please remember, registrations cannot be processed without payment.