



**Department of  
Parks, Buildings and Recreation Management**

## **QUALIFY FOR A JOB AS A LIFEGUARD**

**Learn:** CPR, First Aid, AED, and Water Rescue Skills in the Red Cross Lifeguard Training Course

**ATTENDANCE AT & FULL PARTICIPATION IN ALL SESSIONS IS REQUIRED FOR ALL CANDIDATES WHO SUCCESSFULLY PASS THE PRE-COURSE SWIM SKILLS TEST\***

**\*PRE-COURSE SKILLS TEST** will be held on the first date of each session. Candidates will need to bring swimsuit, towel, sweatshirt (& optional goggles) and be prepared to pass the following:

- **SWIM 300 YARDS (12 lengths of a 25 yd. Pool) CONTINUOUSLY** with 100 yards of front crawlstroke with rhythmic breathing and a stabilizing, propellant kick, 100 yards of breaststroke, and 100 yards of either crawlstroke and/or breaststroke.
- **SWIM 20 YARDS** using either front crawl or breaststroke, surface dive to 7 to 10 feet, retrieve 10 lb. object, & return to the surface, and swim 20 yards back to the starting point with the object.

### **APRIL VACATION 2010**

APRIL 20-23 – 8:30am-5:00pm

Course location: Commerce High School, 415 State Street

**For ages 15 and up.**

*\*(First come first serve- 20 people to fill a class)*

**Class is \$125 per participant – FREE for Spfld. Residents!**

**To register for this training course, applicants must call the City Aquatics Department at 787-6298. The office is open Monday thru Friday 7:30am-3:15pm.**