

# Lifeguard Certification Classes

At Freedom Hall Pool

## CLASS SCHEDULE

(must pass pre-test to be placed in a class)

Class 1.	February 4, 5, 6 & 11, 12, 13
Class 2.	February 18, 19, 20 & 25, 26, 27
Class 3.	March 4, 5, 6 & 11, 12, 13
Class 4.	March 18, 19, 20 & 25, 26, 27
Class 5.	April 8,9,10 & 15, 16, 17
Class 6.	April 29, 30, 1 & May 6, 7, 8
Class 7.	May 13, 14, 15 & 20, 21, 22

Classes meet: Friday 6-10 pm, Saturday 8-6 pm, Sunday 8-1 pm

## PRE-TEST SCHEDULE

(must sign up in advance for pre-tests)

Monday	1/17 6:30-7:30 pm
Wednesday	1/19 6:30-7:30 pm
Thursday	1/20 6:00-7:00 pm
Saturday	1/22 10:00-11:00 am
Monday	1/24 6:30-7:30 pm
Wednesday	1/26 6:30-7:30 pm
Thursday	1/27 7:00-8:00 pm

**Beginning January 8th, pre-tests will only be given on Saturday's from 10-11 am.**

## PRE-TEST REQUIREMENTS

\*300 meter swim (100 meters freestyle/front crawl with rhythmic breathing, 100 meters breaststroke with pull kick glide sequence, 100 choice freestyle or breast)

\*20 meter brick swim (20 meter swim, surface dive 10 feet & retrieve a 10 pound brick, surface and swim the brick back 20 meters and exit water without using ladder) Must be done in 1 min and 40 seconds or less.

## COST: \$150 PER PERSON

This includes: lifeguarding certification, first aid certification, CPR certification, AED certification, all books & face mask. Fee is to be paid the first day of class.

Lifeguard candidates must be at least 15 years old to take the course.

For more information call Freedom Hall at 461-4872 or the local Red Cross at 928-3561.