



LIFEGUARD TRAINING CLASS

What: American Red Cross sanctioned lifeguard training class for anyone 15 years of age by the end of the class. Participants will be certified American Red Cross Lifeguards 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 pre-test consists of the successful demonstration of the following skills:

- ✓ Candidates must swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front; 100 yards of breaststroke using a pull, breath, kick and glide sequence; 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl or breaststroke. (Note: There is no time requirement for this skill.)
- ✓ Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 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, within 1 minute, 40 seconds.

<u>When:</u>	Pre-Test: Monday, April 11 th	7pm-9pm	Fremont YMCA
	<u>Remaining class schedule:</u>		
	Wed, April 13 th 6:30pm-9:30pm	Sun, May 8 th	1pm-6pm
	Wed, April 20 th 6:30pm-9:30pm	Wed, May 11 th	6:30pm-9:30pm
	Wed, April 27 th 6:30pm-9:30pm	Wed, May 18 th	6:30pm-9:30pm
	Wed, May 4 th 6:30pm-9:30pm	Sun, May 22 nd	1pm-9pm

Where: Classes will be held at the Wahoo Civic Center and consist of both classroom and pool instruction. Students must attend every session at the times listed. Attendance in the course does not guarantee lifeguard certification. Students must pass written and practical exams.

Cost: \$125 per student (includes all class materials)

Registration: Begins March 7th. Register either in person at the Civic Center front desk or online at www.wahociviccenter.com

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

