

2016 Lifeguard Training Courses

Watertown Community Recreation Center

Session 1:

Dates: March 29, 31, April 5, 7, 14

Time: 5:30-9:00 pm

Session 2:

April 19, 21, 26, 28, May 5

Time: 5:30-9 pm

Session 3:

May 11, 12, 18, 23, 24

Time: 5:30-9 pm

The Purpose of the Lifeguarding course is to teach the knowledge and skills needed to help prevent and respond to aquatic emergencies.

Participants must be at least 15 years of age on or before the final scheduled session of this course. Mandatory attendance is required at all class sessions!

Pre-Course requirements:

1. 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.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. 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 7-10 feet 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 so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

Fee: \$185.00 plus tax (includes books and face mask). \$50.00 non-refundable deposit is required to register for the course.

For more information, call Jodi at 882-6250. jhemiller@watertownsd.us

