



# LIFEGUARD TRAINING SCHEDULE 2009 - 2010 SEASON

Course Prerequisites include successful completion of the following skills:

- ◆ Swim 300 yards continuously, using these strokes in the following order:
  1. 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick
  2. 100 yards breaststroke using a pull, breath, kick, glide sequence
  3. 100 yards of either front crawl or breaststroke
- ◆ Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 – 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to return to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Please note that the first day of all classes will meet at their designated pool. Students are required to perform the course prerequisite skills tests (listed above) upon arriving for the first day of class. Students must also be able to attend all dates listed per course to fulfill the completion requirements. There is a \$10.00 processing fee for transferring classes. If you have any additional questions regarding the lifeguard training course, please contact the Aquatic Office at 974-9332.

Course Code	Class Dates	Times	Location	Fee for City Employees
F1	Dec 12, 13, 14, 15, 16, 17, 18, 19	Dec 12 - 13    8am – 6pm Dec 14 - 18    6pm – 10pm Dec 19           8am - 4pm	Dick Nichols Pool & Aquatic Office	\$20
F2	Dec 27, 28, 29, 30, 31	Dec 27 – 31    8am – 6pm	Stacy Pool & Aquatic Office	\$20
F3	Feb 13, 14, 15, 16, 17, 18, 19, 20	Feb 13 - 14    8am – 6pm Feb 15 – 19    6pm – 10pm Feb 20           8am – 4pm	Stacy Pool & Aquatic Office	\$20
F4	Mar 12, 13, 14, 15, 16, 17	Mar 12           6pm – 10pm Mar 13 – 16    8am – 6pm Mar 17           8am – 12pm	Dick Nichols Pool & Aquatic Office	\$20
F5	Mar 17, 18, 19, 20, 21	Mar 17 – 21    8am – 6pm	Dick Nichols Pool & Aquatic Office	\$20
F6	Mar 27, 28, 29, 30, 31, Apr 1, 2, 3	Mar 27 – 28    8am – 6pm Mar 29 – Apr 2 6pm – 10pm Apr 3            8am – 4pm	Stacy Pool & Aquatic Office	\$45

<b>Course Code</b>	<b>Class Dates</b>	<b>Times</b>	<b>Location</b>	<b>Fee for City Employees</b>
F7	Apr 10, 11, 12, 13, 14, 15, 16, 17	Apr 10 – 11 8am – 6pm Apr 12 – 16 6pm – 10pm Apr 17 8am – 4pm	Dick Nichols Pool & Aquatic Office	\$45
F8	Apr 24, 25, 26, 27, 28, 29, 30, May 1	Apr 24 – 25 8am – 6pm Apr 26 – 30 6pm – 10pm May 1 8am – 4pm	Northwest Pool & Aquatic Office	\$45
F9	May 8, 9, 10, 11, 12, 13, 14, 15	May 8 – 9 8am – 6pm May 10 – 14 6pm – 10pm May 15 8am – 4pm	Dick Nichols Pool & Aquatic Office	\$55
F10	May 15, 16, 17, 18, 19, 20, 21, 22	May 15 – 16 8am – 6pm May 17 – 21 6pm – 10pm May 22 8am – 4pm	Northwest Pool & Aquatic Office	\$55
F11	May 17, 18, 19, 20, 21	May 17 – 21 8am – 6pm	Dick Nichols Pool & Aquatic Office	\$55
F12	May 24, 25, 26, 27, 28	May 24 – 28 8am – 6pm	Northwest Pool & Aquatic Office	\$55
F13	June 3, 4, 5, 6, 7	June 3 - 7 8am – 6pm	Martin Pool & Aquatic Office	\$55

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