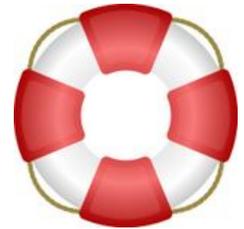
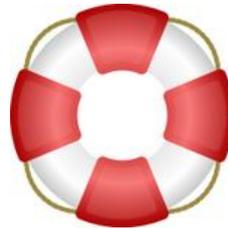
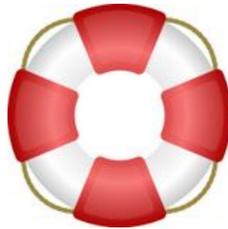
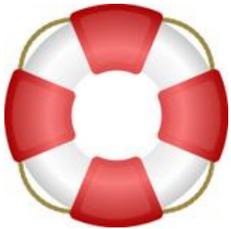


Lifeguard Instructor Class



Please note that the Lifeguard Instructor course is not designed to teach you the required lifeguard skills. This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Lifeguard program.

To be an effective Lifeguard Instructor you must become completely familiar with the American Red Cross Lifeguard Training participant's manual and other course materials and videos. You will be given practice teaching assignments, which will give you experience in presenting information to course participants, conducting classes, and evaluating skills.

The Pre-course Session includes pre-requisite swimming and lifeguards skills scenarios based on the Lifeguard Training course knowledge and skills. The pre-course testing consists of the following:

- **2 minutes of treading water:** 2 minutes of continuous water treading without using hands. Hands must be placed under the participants arms.
- **300 yard continuous swim:** 100 yards front crawl using rhythmic breathing and a stabilizing propellant kick, 100 yards of breaststroke, 100 yards of either front crawl and/or breaststroke.
- **Brick swim:** 20 yard swim using either front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object (when swimming back to the starting point, you must hold the object with both hands keeping the object from going under water and while keeping your head out of the water). The brick swim is a timed skill; you must complete this in under 1minute, 20 seconds.
 - Demonstrate complete competency in CPR/AED for lifeguards, First-Aid and all Lifeguarding in-water rescue skills
 - Written examination, scoring 80% or higher.

Please bring the following with you on the first day of class:

- Proof that you are at least 17 years old (driver's license or birth certificate).
- Current certifications in LGT, CPR-PR, AED and First-Aid

Friday November 13th, 2015

4:00-8:00p

Saturday and Sunday November 14th and 15th, 2015

8:00a-5:00p

All classes will be held at the North Boulder Recreation Center

****ALL CLASSES ARE MANDATORY****

Resident \$182.00 • Non-Resident \$219.00

To register for the class please call: 303.413.7260

Course Code: 231192

For further information, contact JD Klingenberg
(303)413-7468 or klinj1@bouldercolorado.gov