

# Lifeguard Training Class



## Lifeguard Training Pre-requisites

Each registered participant must complete the following on the first day of class in order to continue with the Lifeguard Training course. Failure to complete the following will result in withdrawal from the class and a 50% refund.

### **MUST be 15 years of age by the last day of class**

- **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.

Day	Date	Time	Location
Monday	August 4, 2014	6:00pm – 9:00pm	North Boulder Rec.
Wednesday	August 6, 2014	9:00am – 5:00pm	Scott Carpenter Pool*
Thursday	August 7, 2014	9:00am – 5:00pm	Scott Carpenter Pool*
Friday	August 8, 2014	9:00am – 5:00pm	Scott Carpenter Pool*

**\*\*ALL CLASSES listed above are MANDATORY\*\***

Resident \$182.00 • Non-Resident \$219.00

To register for the class please call: 303.413.7270

Course Code: 220352

\*Note: If weather is inclement, the instructor will communicate location change.