Lifeguard Certification Course

Cost Required: $250 (Cash, Credit or Check)

Course Dates: March 7, 8 am – 6 pm
March 8, 8 am – 6 pm
March 14, 8 am – 4:30 pm

**Pre Test: March 5/6, 5:30– 6:30 pm
PRE TEST MUST BE COMPLETED FOR CLASS PARTICIPATION

Pre-Requisites

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast stroke, or a combination of the both. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for two minutes using only your legs.
4. Complete a timed event within 1 minute, 40 seconds.