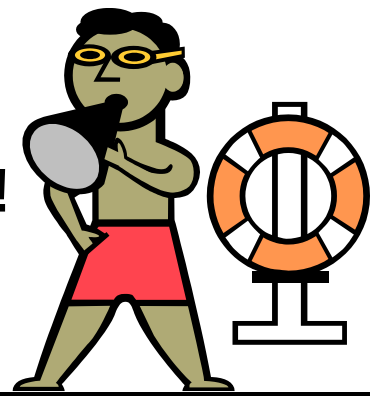


**Looking for a job?
Become a lifeguard!**



American Red Cross Lifeguard Training

Course includes **Lifeguard Training & First Aid** and **CPR/AED for Lifeguards**.

Prerequisites:

- **Minimum age of 15.**
- **Successful completion of pre-course skills** (*See back of page for list of pre-course skills. Register after passing pre-course test.*)
- **Proof of age by showing ID with DOB included**

Pre-tests available:

Thursday, September 15th at 7pm
Saturday, September 24th at 11:30am
Sunday, October 2nd at 5:30pm

Cost: \$190* Course Fee. Lifeguard Course material obtained after passing pre-course skills test and after online registration with American Red Cross. Pocket Mask also required prior to start of course, and can be purchased at Ballard Pool for \$15.

*Possible discount upon hiring with SPR

**Class meets
Saturdays, October
15th, 22nd, 29th
and November 5th
from 11:30am to
6:30pm**



Seattle
Parks & Recreation

BALLARD POOL
1471 NW 67th St.
Seattle, WA 98117
Phone: 206-684-4094

<http://www.seattle.gov/parks/Aquatics/ballardp.htm>

Precourse skills:

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 and 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 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 in order to breathe (or to get a breath).
 - Exit the water without using a ladder or steps.