

# LIFEGUARD CLASS

## Anticipated Class Schedule

The purpose of the American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

*According to American Red Cross guidelines, attendance at ALL class sessions, for the duration of the class session, is mandatory in order to pass the class. There will be no excused absences under any circumstances.*

### Pre-Course

Candidates **must** pass the pre-course to continue with the Lifeguard Training Course

#### 300-yard swim

- \*100 yards front crawl, demonstrating rhythmic breathing and a stabilizing kick
- \*100 yards breaststroke, demonstrating a pull, breathe, kick and glide sequence
- \*100 yards of either the front crawl and/or breaststroke - may be a combination

of the two strokes

#### Brick retrieval

Swim 20 yards using either the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds

#### Treading Water

Must be able to tread water for 2 minutes without using only your legs.



Weatherford Parks and Recreation Department  
119 Palo Pinto Street  
817.598.4125  
[www.weatherfordparks.com](http://www.weatherfordparks.com)

Lifeguard candidates who wish to work for the City of Weatherford should turn in a completed application with registration. Employment is dependent upon successful completion of class, skill level, ethic, and attitude!

Mandatory staff orientation for Cherry Park Staff

**Sat May 20<sup>st</sup>** 10am-6pm

**Tues, April 25th**

5:00-6:00pm - Open practice

**Wed, April 26th**

5:00pm Precourse

**Thurs/Fri, April 27th/April 28th**

5:00-9:00pm - CPR/AED, First Aid

**Sat, April 29th**

10:00am-4:00pm Introduction to water skills

**Mon-Fri, May 1<sup>st</sup>—May 5<sup>th</sup>**

5:00-9:00pm - Skills practice and testing

**Sat, May 7th**

10:00 AM

Make-up day - if needed

We reserve the right to adjust the class schedule as needed based on number of participants, inclement weather, etc. Participants need to plan on attending each class. Absence may result in not passing the certification.

