

Watertown Parks & Recreation Department  
514 S. First St, Watertown, WI 53094  
920-262-8080  
[www.ci.watertown.wi.us](http://www.ci.watertown.wi.us)

# 2018 September Lifeguard Training Class

**Dates:** September 4, 7, 8, 14, 15, 16 (times on back) plus additional independent coursework at home online

**Site:** Watertown Indoor Pool at Riverside Middle School

**Age:** Candidates must be 15 by the end of the class

**Course:** **This is a blended learning formatted course.** Home internet access is required for this class in order to complete required coursework.

**Fees:** \$200 class fee, **Grant available (ask for details)**; The required Lifeguard Training book is available online at no cost. If the candidate would like to purchase a print copy of the book, there is an additional \$40.00 fee.



<p><b>Registration Deadline:</b> <b>Friday August 31, 2018</b></p>
--

**Special Needs:** The Department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs a participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.



Watertown Parks & Recreation Department  
**2018 September Lifeguard Training Class**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

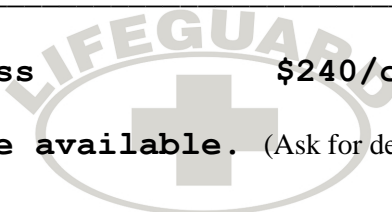
List any special needs this participant has: \_\_\_\_\_

I hereby release the sponsoring groups from any and all claims from my participation in this program and verify that I am medically fit to participate.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FEE PAID:**                      \$200/class                      \$240/class and book

**Grants are available.** (Ask for details)



**Class Dates and Times:**

Tuesday September 4 (4-5pm) Prerequisite Testing  
Friday September 7 (4-9pm)  
Saturday September 8 (7am-4pm)  
Friday September 14 (4-9pm)  
Saturday September 15 (7am-4pm)  
Sunday September 16 (12-6pm)

**You must clear your schedule to attend every class/all class hours, as there will be no make-up sessions offered!**

\*\*\*\*\*  
Congratulations on your decision to take the American Red Cross Lifeguarding course! The training you will receive will be demanding and will require a commitment of time, energy and effort from you. The rewards will be mental and physical conditioning as you become a true lifeguard professional.

\*You will need to come to each class session rested, ready to go, and prepared for hard work as this is a very challenging course.

\*Be sure to always bring extra towels, sweats, snacks, etc. for the duration as we will be in and out of the water.

**\*There will be NO make-up sessions as it is too difficult to schedule them. You will need to clear your schedule to ensure that you are available to FULLY attend each class session.**

**\*Following are the American Red Cross prerequisites that each candidate needs to complete before being admitted into this Lifeguarding class.** Should a candidate fail to complete these prerequisites, s/he will not be permitted to continue and must withdraw from the class.

1. Swim 300 yards continuously (no pauses or stops) demonstrating rhythmic breathing and a stabilizing propellant kick. Feet must stay off pool bottom.
  - a. Candidates may swim using the front crawl, breaststroke or a combination of both
  - b. Goggles may be used
2. Tread water for 2 consecutive minutes using only the legs.
  - a. Candidates should place their hands under their armpits or raise their hands out of water.
3. Complete the following timed event within 1 minute, 40 seconds:
  - a. Starting in the water, swim 20 yards; the face may be in or out of the water. Swim goggles are NOT allowed.
  - b. Surface dive, feet first or head-first, to a depth of 12 feet to retrieve a 10-pound object.
  - c. Return to the surface and swim 20 yards on the back to return to the starting point, with both hands holding/remaining on the object and keeping the face at the surface to be able to breath. Candidates may not swim the distance under water.
  - d. Exit the water and stand up without using the ladder.

**\*\*Please note that this class is a pass/fail program; the department will not issue refunds should the student fail to complete all requirements (after admittance into the class).**