

Watertown Parks & Recreation Department
514 S. First St, Watertown, WI 53094
920-262-8080
www.ci.watertown.wi.us

2019 February/March Lifeguard Training Class

Dates: February 18, 22, 23, 24, March 1, 2, 3 (times on back) plus additional independent coursework at home- online and reading

Site: Watertown Indoor Pool at Riverside Middle School

Age: Candidates must be 15 by the last day of the course

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

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.



Registration Deadline:
Wednesday February 13, 2019

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.



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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:

Monday February 18 (4-5pm) Prerequisite Testing
Friday February 22 (4-8pm)
Saturday February 23 (8am-4pm)
Sunday February 24 (12-5pm)
Friday March 1 (4-8pm)
Saturday March 2 (8am-4pm)
Sunday March 3 (12-5pm)

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 passing the prerequisite skills testing and being admitted into the class).**