



LIFEGUARD PRE-REQUISITE REQUIREMENTS

PRE-COURSE ASSESSMENT DATE

SEPTEMBER 10

8:00-9:00 AM

REQUIREMENT FOR CLASS REGISTRATION:

- **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.
- **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 headfirst, to 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 to breathe (or to get a breath).
 - Exit the water without using a ladder or steps.
- **Tread water for 2 minutes**, using only the legs. Candidates should place their hands under their armpits.

QUESTIONS?

EMAIL OUR AQUATICS DIRECTOR:
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