

LIFEGUARD TRAINING SCHEDULE

SWIM PREREQUISITES: Swim continuously for 300 yards (6 laps) using front crawl for 100 yards with rhythmic breathing; 100 yards breaststroke; 100 yards either stroke or a combination of the two.

Starting in water, swim 20 yards front crawl/breaststroke, surface dive 7-10 feet, retrieve 10 pound object, return to surface, swim back to start with both hands on brick, face out of water, brick at surface, then place brick on deck, exit water w/o using ladder or steps, stand behind brick, within 1 minute & 40 seconds. This must be executed w/o stopping or touching pool bottom. Goggles may not be used for this evaluation.

REGISTRATION: April 21st-April 29th (class closes at noon on the 29th)*

*After passing prerequisite swim test on 21st person may register for class. Sign-up for “pre” test with Aquatic Director prior to 21st.

April 2010

Wed., 21st	3:30-5pm	Pre-Course Evaluation (Meet on deck, ready to swim & bring proof of age)
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April 2010

Fri., 30th	3:30-6:30pm	Lesson 1 (read Chap.1,2)
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May 2010

Sat., 1st	4:00-7:00pm	Lesson 2 (read Chap. 3,4)
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Sun., 2nd	8:00-11:30am	Lesson 3 (read Chap. 5)
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Fri., 7th	4:00-7:30pm	Lesson 7 (read Chap. 9,10)
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Fri., 14th	4:00-7:30pm	Lesson 4 (read Chap. 6)
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Sat., 15th	8:00am-5:00pm	Lesson 5,6 (read Chap. 7,8)
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Sun., 16th	8:00-11:30am	Lesson 7,8 (read Chap. 9,10)
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Sat., 22nd	4:00pm-7:00pm	Lesson 9 (read 10,11)
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Sun., 23rd	8:00am-11:30am	Written & Skills Final
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***WHERE CAN I SECURE THE REQUIRED MATERIALS?**

Olympia Branch Red Cross
2618 12th St Ct SW
Olympia, WA
352-8577

Tacoma Branch Red Cross
1235 South Tacoma Way
Tacoma, WA
253-474-0600

All classes must be attended, no make-ups, all outside assignments due by 3/19/10