

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: Nov. 1st-7th (class closes at noon on the 7th)

November 2008:

Fri. 7th	3:30-7:30pm	Pre-Course Evaluation (Meet on deck and ready to swim & bring proof of age) & Lesson 1 (Chap. 1,2)
Sat. 8th	4:00-7:00pm	Lesson 2 (read Chap. 3,4)
Sun. 9th	8:00-11:30am	Lesson 3 (read Chap. 5)
Fri.. 14th	4:00-7:30pm	Lesson 4 (read Chap. 6)
Sat.. 15th	3:00-10:00pm	Lesson 5,6 (read Chap. 7,8)
Sun. 16th	8:00-11:30am	Lesson 7,8 (read Chap. 9,10)
Fri. 21st	4:30-7:30pm	Lesson 7,8 (read Chap. 9,10)
Sat.. 22nd	4:30-8:30pm	Lesson 9 (read Chap. 10,11)
Sun., 23rd	7:30-11:30am	Lesson 10 (written final/skills final)

***WHERE CAN I SECURE THE REQUIRED MATERIALS?**

Olympia Branch Red Cross
2618 12th St Ct SW
Olympia, WA
352-8577
M-F 10 to 3pm

Tacoma Branch Red Cross
1235 South Tacoma Way
Tacoma, WA
253-474-0600
M-F 8 to 5pm

All classes must be attended, no make-ups, all outside assignments due by the 21st