

NON-CITY EMPLOYEE CERTIFICATION COURSES

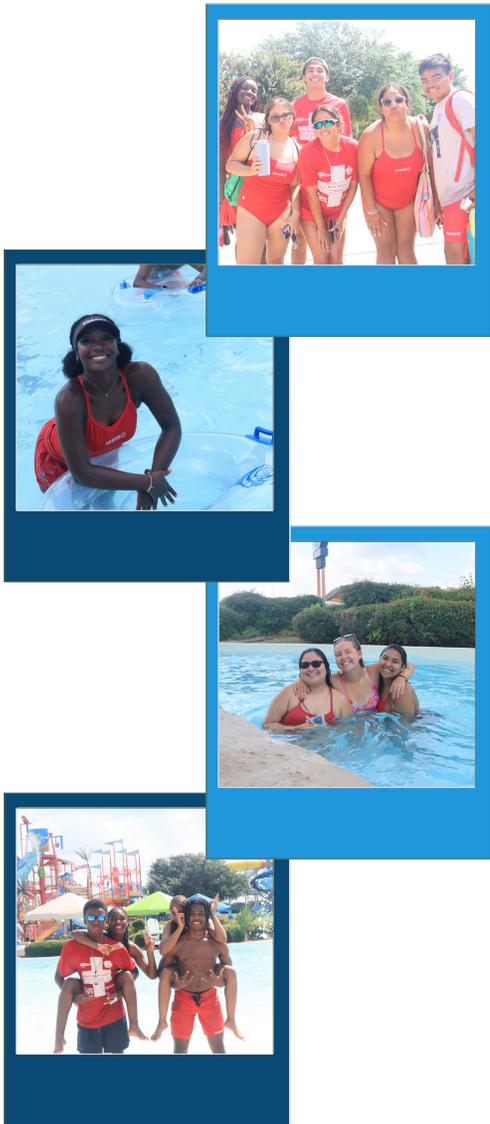
Lifeguarding Prerequisites: Successfully complete the two prerequisite swimming skills evaluations:
 Prerequisite 1: Swim 150 yards using the front crawl, breaststroke or a combination of both. Tread water using only the legs for 2 minutes swim 50 yards. Prerequisite 2: Complete a timed event within 1 minute, 40 seconds. Swimming 20 yards, surface dive to retrieve a 10-pound object, swim 20 yards on the back, and exit the water.

ARC LIFEGUARD TRAINING - 2 YEAR					
Course Code	Location	Days	Dates	Time	Price
264442-PG01	Pleasant Grove Pool	SAT - TUE	MAR 08 - MAR 11	8:00AM - 5:00PM	\$250.00
264442-SP01	Sprague Pool	SAT - TUE	MAR 08 - MAR 11	8:00AM - 5:00PM	\$250.00
264442-WP01	White Rock Pool	WED - SUN	MAR 12 - MAR 16*	8:00AM - 5:00PM	\$250.00
ARC LIFEGUARD TRAINING REVIEW - 2 YEAR					
264445-WP01	White Rock Pool	MON-TUE	MAR 10 - MAR 11	8:00AM - 5:00PM	\$150.00
264445-SP01	Sprague Pool	WED-THUR	MAR 12 - MAR 13	8:00AM - 5:00PM	\$150.00

Water Safety Instructor: This course prepares participants to teach Learn to Swim classes. Participants will prepare lesson plans, perform practice teaching sessions, and develop their critical eye. Instructor Authorization is valid for 2 years. **Prerequisites:** Complete swimming skills according to Level 4 (25 yards of each of the front crawl, back crawl, breaststroke, elementary backstroke and sidestroke and 15 yards of the butterfly). Tread water for 1 minute.

WATER SAFETY INSTRUCTOR - 2 YEAR					
264443-PG01	Pleasant Grove Pool	WED - SUN	MAR 12 - MAR 16	9:00AM - 5:00PM	\$275.00

*Off Fridays, **Saturday and Sunday class only



POOL LOCATIONS:

White Rock Pool
 10205 Hermosa Drive
 Dallas, TX 75218

Sprague Pool
 3720 Boulder Drive
 Dallas, TX 75233

Pleasant Grove Pool
 8304 Alto Garden
 Dallas, TX 75217

NOW HIRING LIFEGUARDS
\$19.00/HR MIN.
TEXT OR CALL
214-671-SWIM

REGISTER HERE:

