



# Certification Classes

## LIFEGUARD TRAINING

This course provides participants with the knowledge and skills needed to recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Minimum age: 15

March 10-15 Sat & Sun 2pm-9:30pm, Mon-Thu 7:30am-1pm Loos Natatorium  
 Course #'s: 264442 LO01 \$200 2/yr. American Red Cross certification  
 264442 LO02 \$75 1/yr. site specific American Red Cross certification valid only for employment with the City of Dallas

## WATER SAFETY INSTRUCTOR

This course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups including Parent and Child, Preschool, Levels 1-6 and Adult Swim. Minimum age: 16

March 10-15 Sat & Sun 2pm-9:30pm, Mon-Thu 7:30am-1pm Loos Natatorium  
 Course #: 264443 LO01 \$225 Registration Deadline: March 3rd

## LIFEGUARD INSTRUCTOR

This course trains instructor candidates to teach American Red Cross Lifeguarding, Lifeguard Blended Learning, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training. Minimum age: 17

March 10-15 Sat & Sun 2pm-9:30pm, Mon-Thu 7:30am-1pm Loos Natatorium  
 Course #: 264443 LO02 \$225 Registration Deadline: March 3rd

## LIFEGUARD PREREQUISITES:

Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a 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, exit the water without using steps or a ladder.

## WATER SAFETY INSTRUCTOR PREREQUISITES:

Successfully complete the pre-course session which includes demonstration of swimming skill at Learn-to-Swim Level 4.

## LIFEGUARD INSTRUCTOR PREREQUISITES:

Possess a current Red Cross certificate for Lifeguarding/First Aid/CPR/AED or an equivalent certificate from another organization, complete the online session for the Lifeguarding Instructor course and complete the pre-course session.