



## 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**

**May 10** Friday 5:30- 8:30 pm

**Location: Samuell Grand Pool**—3201 Samuell Blvd.

**May 11 - 12** Sat & Sun 8:30am-8:00 pm

**Location: Pleasant Grove Pool**—8204 Alto Garden Dr.

**May 14 - 16** Tues-Thurs 5:30-8:30 pm

**Location: Samuell Grand Pool**—3201 Samuell Blvd.

Course #'s:	264442 PG03	\$200	2/yr. American Red Cross certification
	264442 PG04	\$75	1/yr. site specific American Red Cross certification valid only for employment with the City of Dallas

### 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.