



Certification Classes (Registration open February 20th, 2022)

LIFEGUARD TRAINING

\$200 2/yr. American Red Cross
\$75 1/yr. site specific American Red Cross certification (City of Dallas Employee Only)

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

LO - Loos Pool 3815 Spring Valley Rd. PG- Pleasant Grove Pool 8204 Alto Garden Dr.
SP -Sprague Pool 3720 Boulder Dr. BP-Bachman Indoor Pool 2750 Bachman Dr.

Course #	Pool Sessions			
264442 SP01	3/12 9:00am-6:00 pm	3/13 9:00am-6:00 pm	3/14 9:00am-6:00 pm	3/15 9:00am-6:00 pm
264442 PG01	3/12 9:00am-6:00 pm	3/13 9:00am-6:00 pm	3/14 9:00am-6:00 pm	3/15 9:00am-6:00 pm
264442 LO01	3/16 9:00am-6:00 pm	3/17 9:00am-6:00 pm	3/19 9:00am-6:00 pm	3/20 9:00am-6:00 pm
264442 SP02	3/16 9:00am-6:00 pm	3/17 9:00am-6:00 pm	3/19 9:00am-6:00 pm	3/20 9:00am-6:00 pm

LIFEGUARD REVIEW TRAINING

\$75 2/yr. American Red Cross

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: 16

LO - Loos Pool 3815 Spring Valley Rd. PG- Pleasant Grove Pool 8204 Alto Garden Dr.
SP -Sprague Pool 3720 Boulder Dr. BP-Bachman Indoor Pool 2750 Bachman Dr.

Course #	Pool Sessions	
264442 LO01	3/13 9:00am-6:00 pm	3/14 9:00am-6:00 pm
264442 SP01	3/13 9:00am-6:00 pm	3/14 9:00am-6:00 pm
264442 LO02	3/16 9:00am-6:00 pm	3/17 9:00am-6:00 pm
264442 PG02	3/16 9:00am-6:00 pm	3/17 9:00am-6:00 pm

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.