



COURSE PREREQUISITES:

LIFEGUARD: 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: Complete swimming skills according to Level 4, Stroke Performance Charts. (25 yards of each of the front crawl, back crawl, breaststroke, elementary backstroke and sidestroke and 15 yards of the butterfly). Maintain position on back for 1 minute in deep water (floating or sculling). Tread water for 1 minute.

REGISTER HERE:



CERTIFICATION CLASSES

Lifeguarding: This course provides participants with the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Lifeguard and First Aid, CPR/AED certification valid for 2 years.

American Red Cross Lifeguard Training - 2 Year					
Course	Section	Days	Dates	Time	Price
264442	PG04*	SAT & SUN	Apr 15 - Apr 23	8:00AM - 5:00PM	\$75.00
264442	WPO4*	SAT & SUN	Apr 15 - Apr 23	8:00AM - 5:00PM	\$75.00
264442	SP06*	SAT & SUN	Apr 29 - May 7	8:00AM - 5:00PM	\$75.00
264442	PG06*	SAT & SUN	Apr 29 - May 7	8:00AM - 5:00PM	\$75.00
American Red Cross Lifeguard Training Review - 2 Year					
264445	PG01*	SAT & SUN	Apr 15 - Apr 16	8:00AM - 5:00PM	\$75.00
264445	SP05*	SAT & SUN	Apr 29 - Apr 30	8:00AM - 5:00PM	\$75.00
264445	WPO2	SST & SUN	Apr 29 - May 7	8:00AM - 5:00PM	\$75.00

POOL LOCATIONS:

LO - Loos Pool
3815 Spring Valley Rd
Dallas, TX 75001

WP - White Rock Pool
10205 Hermosa Drive
Dallas, TX 75218

SP - Sprague Pool
3720 Boulder Drive
Dallas, TX 75233

PG - Pleasant Grove Pool
8304 Alto Garden
Dallas, TX 75217

BP - Bachman Indoor Pool
2750 Bachman Drive
Dallas, TX 75220

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.

WATER SAFETY INSTRUCTOR					
Course	Section	Days	Dates	Time	Price
264443	SP01*	SAT & SUN	Apr 14 - Apr 23	9:00AM - 5:00PM	\$225.00
264443	BP02*^	SAT & SUN	Apr 29 - May 7	9:00AM - 5:00PM	\$225.00

*Classes are Saturday and Sunday for 2 Weekends Straight
^ Last 2 class days at Loos Pool
All classes may change due to location or enrollments.
Please see our site for our available classes.

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

214-670-1926 or 214-587-2868

Register at: www.DallasAquatics.org



Dallas Park & Recreation



City of Dallas