



REGISTER HERE:



POOL LOCATIONS:

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

NON-CITY EMPLOYEE CERTIFICATION CLASSES MARCH - MAY

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.

COURSE PREREQUISITES:

LIFEGUARD: Successfully complete the two prerequisite swimming skills evaluations:
Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water using only the legs. Swim 50 yards using the front crawl, breaststroke or a combination of both.
Prerequisite 2: 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.

ARC LIFEGUARD TRAINING - 2 YEAR

Course	Section	Days	Dates	Time	Price
264442	PG01	SAT - TUE	MAR 09 - MAR 12	8:00AM - 5:00PM	\$200.00
264442	SP01	SAT - TUE	MAR 09 - MAR 12	8:00AM - 5:00PM	\$200.00
264442	WP01	WED - SUN	MAR 13 - MAR 17*	8:00AM - 5:00PM	\$200.00
264442	PG03	SAT - SUN	APR 6 - APR 14**	8:00AM - 5:00PM	\$200.00
264442	WP03	SAT - SUN	APR 6 - APR 14**	8:00AM - 5:00PM	\$200.00
264442	SP03	SAT - SUN	APR 20 - APR 28**	8:00AM - 5:00PM	\$200.00
264442	PG05	SAT - SUN	APR 20 - APR 28**	8:00AM - 5:00PM	\$200.00

ARC LIFEGUARD TRAINING REVIEW - 2 YEAR

264445	WP02	MON-TUE	MAR 11 - MAR 12	8:00AM - 5:00PM	\$75.00
264445	SP02	WED-THUR	MAR 13 - MAR 14	8:00AM - 5:00PM	\$75.00
264445	PG02	SAT-SUN	APR 06 - APR 07	8:00AM - 5:00PM	\$75.00
264445	PG04	SAT-SUN	APR 13 - APR 14	8:00AM - 5:00PM	\$75.00
264445	SP04	SAT-SUN	APR 20 - APR 21	8:00AM - 5:00PM	\$75.00
264445	SP06	SAT-SUN	MAY 04 - MAY 05	8:00AM - 5:00PM	\$75.00

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.

WATER SAFETY INSTRUCTOR - 2 YEAR

264443	PG02*	WED - SUN	MAR 13 - MAR 17	9:00AM - 5:00PM	\$225.00
264443	SP02	SAT-SUN	APR 6 - APR 14**	9:00AM - 5:00PM	\$225.00
264443	WP02	SAT-SUN	APR 20 - APR 28**	9:00AM - 5:00PM	\$225.00

*Off Fridays, **Saturday and Sunday class only

214-670-1926

Register at: www.DallasAquatics.org



Dallas Park & Recreation



City of Dallas