



# Lifeguard Certification Schedule

## 2013-2014 Season



[austintexas.gov/department/pools-and-swimming](http://austintexas.gov/department/pools-and-swimming)

Please note that the first day of every class will meet at the designated swimming pool. Students will be required to pass the pre-requisite skills tests (listed below) upon arriving for the first day of class. Students are also required to attend all listed class dates for successful course completion. Students must print out and bring the Lifeguard manual to class. Manuals can be printed from <http://editiondigital.net/publication/?i=95090>. There is a \$5.00 transfer fee and \$10.00 cancellation fee for all classes. If you have any additional questions regarding the lifeguard training course, please contact the Aquatic Office at 512-974-9332.

Course Prerequisites require the successful completion of the following skills :

- ◆ Swim 300 yards continuously, using these strokes in the following order:
  1. 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick
  2. 100 yards breaststroke using a pull, breath, kick, glide sequence
  3. 100 yards of either front crawl or breaststroke
- ◆ Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive of 7 – 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to return the starting point with the object and exit the water without using a ladder or steps, within 1 minute and 40 seconds.
- ◆ Tread water for two minutes using only your legs .

Code	Class Dates	Times	Location	Fees
F20	June 23—June 27	8am—5pm	Murchison Pool & Aquatic Office	\$55
F21	June 29—July 3	8am—5pm	Walnut Creek Pool & Aquatic Office	\$55



**Persons with Disabilities:** The City of Austin is proud to comply with the Americans with Disability Act. If you require assistance for participation in our programs or use of our facilities, please call 512-512-974-9331.