



SWIM INSTRUCTOR & LIFEGUARD TRAINING CLASSES

Register now for one of our upcoming classes:

Lifeguard:

Location	Dates	Class Days	Class Times	Pre-test
SLC Sports Complex	Sept 23—Sept 24	F/Sat	3:30-7:30, 10:30-6:30	Sept 16, 4pm
Fairmont, NWRC	Sept 30—Oct 1	F/Sat	9am—3pm	Sept 23, 4pm
Holiday Lions	Oct 3—Oct 14	M/W/F	5pm-9pm	Sep 26, 4pm
Fairmont	Nov 4—Nov 5	F/Sat	4pm-8pm, 9am-4pm	Oct 23, 4pm
Northwest Rec	Nov 11—Nov 12	F/Sat	4pm-8pm, 9am-4pm	Nov 4, 4pm
Holiday Lions	Jan 3—Jan 12	M/W/F	5pm-9pm	Dec 27, 4pm
Fairmont	Jan 6—Jan 7	F/Sat	9am—4pm	Dec 30, 4pm
Holiday Lions	Jan 31—Feb 10	M/W/F	5pm-9pm	Jan 23, 4pm
Northwest Rec	Feb 24—Feb 25	F/Sat	4pm-8pm, 9am-4pm	Feb 17, 4pm

Instructor:

Location	Dates	Class Days	Class Times
SLC Sports Complex***	Sept 30—Oct 1	F/Sat	3:30pm-7:30pm, 8am-12pm
Fairmont	Oct 10—Oct 14	M/T/W/H	4pm-8pm Mon-Thur, 3pm-7pm F
Northwest Rec	Jan 17—Jan 28	T/H/Sat	4pm—8pm, 9am-2pm Sat

*** Must have strong swimming background or be recertifying.

- COST: \$75 per class: \$20 non-refundable deposit required to hold spot + final remaining cost of \$55
- LIFEGUARD TRAINING CLASS PRE-REQUISITES:
 - ⇒ Must be 16 years old by last day of class and show proof on first day of work
 - ⇒ Must pass pre-test (see below) to attend rest of class
- LIFEGUARD TRAINING PRE-TEST
 - ⇒ Swim 300 yards (200 Freestyle & Breaststroke, 50 yards w/head up, and 50 yards w/rescue tube)
 - ⇒ Retrieve 10-pound brick from deep water, swim 20 yards to opposite wall w/both hands on brick.
 - ⇒ Tread water for 2 minutes (using legs only, hands must be out of water)

** Contact center for information about class location.

recreation.slco.org

