

Richardson Pool 2024 Lifeguard Courses

**Monday – Friday
8:45 a.m.-5:30 p.m.**

Course Dates:

February 26 – March 1

March 11 – 15

March 18 – 22

Open to ages 15-18 Only (Public Schools Spring Break)

April 29 – May 3

May 20 – 23 & May 25

June 24 – 28

Section 1: Open to adults ages 18 & up

Section 2: Open to ages 15-18 Only

July 22 – 26

August 19 – 23

September 23 – 27

October 7 – 11

Open to ages 15-18 Only (Public Schools Fall Break)

October 21 – 25

Courses are open to Ages 18 & up, unless otherwise noted.

Cost:

Service members of all branches - \$150

Civilians - \$175

Course Prerequisites:

To participate in the Lifeguarding course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the prerequisite swimming skills evaluations:

Prerequisite Skill Demonstration:

Complete a swim tread swim sequence without stopping to rest:

1. Jump into the water and totally submerge, resurface then swim 150 meters (**6 Widths/Lengths**) using the front crawl, breaststroke, or a combination of both. (**Swimming on the back or side is not permitted. Swim goggles are allowed**).
2. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
3. Swim 50 meters (**2 Widths/Lengths**) using the front crawl, breaststroke, or a combination of both strokes.

- **Complete the following timed skills demonstration in 1 minute, 40 seconds:**

Starting in the water, swim 20 meters (**The face may be in or out of the water. Swim goggles are not allowed**) surface dive (**Head or Feet First**) and retrieve a 10 lb. object from water with a depth of between 8-15 Feet. Swim 20 meters on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.

Exit the water without using a ladder or steps.

Prerequisite Demonstration must be completed during the following hours:

Monday, Wednesday – Friday: 8-9 a.m./11 a.m.-4 p.m.

Saturday: 10 a.m.-4 p.m.

For more information or to register, call Richardson Pool at (808) 787- 4090.