

**Things to know before you sign-up:**

\*All participants must be at least 15 years old and able to complete the following skills demonstration before being accepted to the class.

1. Swim 300 meters continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes.
3. Complete a timed event within 1 minute and 40 seconds:
  - Starting in the water, swim 15-20 meters. Swim goggles are not allowed.
  - Surface dive feet-first or head-first, to a depth of 10 to 15 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 meters on the back to return to the starting point with both hands holding the object.
  - Exit the water without using a ladder or steps.



**American  
Red Cross**

**2023**

# **Lifeguard Courses**

**Richardson Pool**

**Schofield Barracks**

**COST PER-PERSON:**

**ACTIVE DUTY: \$150**

**CIVILIANS: \$175**



**COURSE DATES:**

**FEBRUARY 28 - MARCH 4**

**MARCH 13 - 17**

**(HIGH SCHOOL AND COLLEGE STUDENTS ONLY)**

**MARCH 20 - 24**

**APRIL 17 - 21**

**MAY 15 - 19**

**JUNE 26 - 30**

**JULY 24 - 28**

**AUGUST 21 - 25**

**SEPTEMBER 18 - 22**

**OCTOBER 23 - 27**

Pre-Requisite Demonstrations must be completed during these 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,  
call (808) 655-9698.**



**HiMWR.com** or **f MWR HAWAII**