To participate in the Lifeguarding Course, participants must:

- 1. Swim 150 meters
- 2. Tread water for 2 minutes
 - 3. Swim 50 meters
- 4. Complete Timed Skills Demonstration

Scan the QR Code below for additional information



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

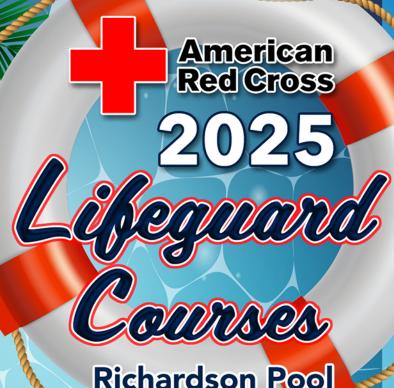
COST:

SERVICE MEMBERS **OF ALL BRANCHES: \$150 CIVILIANS: \$175**



HIMWR.com or MWR HAWAII

MWR



Richardson Pool Schofield Barracks

MONDAY - FRIDAY 8:45 A.M.-5:30 P.M.

COURSE DATES:

February 24 - 28

March 17 - 21 (High School Ages Only 15-18 Years old)

March 24 - 28

April 21 - 25

May 19 - 23

June 2 - 6

(High School Ages Only 15-18 Years old)

June 23 - 27

August 18 - 22

September 22 - 26

October 6 - 10 (High School Ages Only 15-18 Years old)

October 20 - 24

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.