

## Lifeguard Training Schedule 2010

**May 10<sup>th</sup>- May 21<sup>st</sup>-**

**Pretest: May 7<sup>th</sup>- 4:30pm- Augusta Jewish Community Center**

4:30pm- 7:30pm (Mon-Fri)

Augusta Jewish Community Center

Cost: \$185.00

**May 10<sup>th</sup>- May 21<sup>st</sup>-**

**Pretest: May 7<sup>th</sup> – 4:30pm -Henry Brigham Center**

4:30pm- 7:30pm (Mon-Fri)

Fort Gordon Pool

Cost: \$185.00

### Lifeguard Review Course

**May 3<sup>rd</sup>- May 7<sup>th</sup>**

**Pretest- April 30<sup>th</sup> - 4:30pm - 7:30pm Henry Brigham Center**

4:30pm- 7:30pm- (Mon – Fri)

Ft. Gordon Pool (or Henry Brigham)

Cost: \$85.00

**May 24<sup>th</sup>- May 29<sup>th</sup>-**

**Pretest – May 24<sup>th</sup>- 4:30pm- Augusta Jewish Community Center**

4:30pm- 8:00pm- (Mon-Fri)

Augusta Jewish Community Center

Cost: \$85.00

## Lifeguard Prerequisites

Participants must pass a pre-course skill evaluation consisting of the following:

-Minimum age of 15.

-Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and stabilization, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. 100 yards of breaststroke, using a pull, breathe, kick, and glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination.

-Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

-Attendance is required at all class meetings.

**THERE WILL BE NO OPTION FOR RE-EVALUATION OF SKILLS.**

To help ensure an enjoyable and successful class experience:

-Dress comfortably.

-The class involves a lot of moving around during classroom work and typically two pool sessions per day.

-Please arrive on time; no admittance is permitted 15 minutes after the start of the class.

-Practice sessions can be physically demanding. If you have any questions about ability to participate, consult with your Health Care Provider prior to the course. If there are any special needs that the instructor should know about, please call 706-724-8481 and ask to speak to the Health and Safety Service Director

In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner.

You will also learn a number of lifeguarding techniques, such as surveillance; how to use rescue equipment to help rescue a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck or back injury.

To be good American Red Cross Lifeguards, candidates must become completely familiar with the American Red Cross Lifeguard Training manual which will be presented in class.

Candidates, who attend the entire class, successfully complete the final skills scenarios and final written exam with a score of 80% or better (12 correct out of 15 multiple choice questions in each of four sections) will receive an American Red Cross Lifeguard Training and First Aid certificate. This certificate is valid for 3 years. Along with the Lifeguard Training certificate, participants will receive a certificate in CPR/AED for the Professional Rescuer, which is valid for 1 year. **THERE WILL BE NO OPTION TO REPEAT SKILL SCENARIOS OR THE FINAL WRITTEN TEST.**

**Address: Riverwood Plantation**  
**5123 Riverwood Parkway**  
**Evans, Georgia 30809**

**Address: Augusta Aquatics Center**  
**3157 Damascus Road**  
**Augusta, GA 30909**

**Address: Henry Brigham Center**  
**2456 Golden Camp Road**  
**Augusta, GA 39096**

**Address: The Family Y**  
**3570 Wheeler Road**  
**Augusta, GA 30909**

**Address: Jewish Community Center**  
**898 Weinberger Way**  
**Evans, GA 30809**

**Address: Ft. Gordon Pool**  
**Gate 1- (Chamblin Avenue )**  
**Go to 25<sup>th</sup> Street – Take a left**  
**Go to the first stop sign- take a right**  
**You will see the theater on the left – the pool is next door**  
**Bldg. 21608**

**Must be 15 years old**  
**Lifeguarding is good for 3 years**  
**CPR/AED Review for Lifeguards is good for 1 year**

**Cs- 04/23/2010**