



INTERNATIONAL LIFEGUARD TRAINING PROGRAM

Ages 15+

On the cutting edge of aquatic safety, Ellis & Associates offers the most comprehensive lifeguard training program available. Participants will learn the water rescue, CPR, AED and First Aid skills required to be a lifeguard. Potential lifeguards for the summer may be selected from these classes. Although 15-year-olds may take this course, they will not be eligible for employment as a lifeguard with Normal Parks and Recreation.

Participants must pass a swimming/skills test on the first day to continue in the class. Participants must be able to swim 200 yds. (8 lengths), continuously tread water for one minute (without using their hands) and retrieve a diving brick (approximately 10 lbs.) from the bottom of the 12 foot pool. Additionally, an online e-learning course must be fully completed by the participant before the first day of class. Participants must provide their personal email address upon registration and will receive an email invitation with log-in instructions for the e-learning approximately 3-4 weeks before their class date. It will not be sent automatically upon registration.

Note: This lifeguard class is for certification purposes only. Passing this class does not guarantee a position at any aquatic facility.

THESE ARE THE ONLY CLASSES OFFERED BEFORE THE SUMMER SEASON BEGINS.

Location: Normal Community High School Pool & Community Activity Center

Class #	Day	Time	Dates	Fee	Activity #
Class #1	F/SA/SU	Friday 6:00-9:00pm Saturday 9:00am-6:00pm Sunday 9:00am-6:00pm	3/16-3/18	\$145	301030-11
Class #2	F/SA/SU	Friday 6:00-9:00pm Saturday 9:00am-6:00pm Sunday 9:00am-6:00pm	3/23-3/25	\$145	301030-21
Class #3	F/SA/SU	Friday 6:00-9:00pm Saturday 9:00am-6:00pm Sunday 9:00am-6:00pm	4/6-4/8	\$145	301030-31
Class #4	F/SA/SU	Friday 6:00-9:00pm Saturday 9:00am-6:00pm Sunday 9:00am-6:00pm	4/13-4/15	\$145	301030-32

**Participants who are hired as a lifeguard by NPRD may be eligible for reimbursement up to the full-cost of the class. Conditions for reimbursement apply. Contact the Aquatics Supervisor for more information.*

Please visit NormalParks.org for additional program information.

