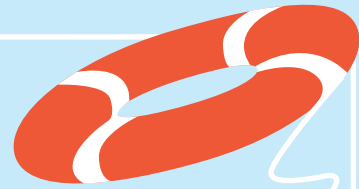


# LIFEGUARD CLASS

Ages 15+



The International Lifeguard Training program 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. Participants will be required to pass a swimming/skills test on the first day to continue in the class. Swim test includes a continuous 200 yd. swim (8 lengths), treading water for one minute (without using their hands) and retrieving a diving brick (approx. 10 lbs.) from the bottom of a 12' feet deep pool. An on-line study must be completed before the first day of class. Each student will receive their invitation to the online learning portal by email 2 weeks before the scheduled class date. Participants must register a minimum of 1 week prior to class to allow time to complete online course. Note: This lifeguard class is for certification purposes only. Passing this class does not guarantee employment. **MIN/MAX:** 6/16

**Location:** Fairview Family Aquatic Center

Day	Time	Date	Fee	Activity #
M/T	9:00am-5:00pm	5/21-5/22	\$145	100030-11
W	9:00am-2:00pm	5/23		

*This class meets for a total of 3 days. From 9am-5pm on Monday & Tuesday, and from 9am-2pm on Wednesday.*

# JR. LIFEGUARD CLASS

Ages 13-15

Skills learned in the class will prepare each student for the responsibilities faced while being a lifeguard. Each participant will learn water safety and rescue protocol as well as first aid, CPR and AED skills. Some students, who complete all of the Jr. Lifeguard program, may be selected to volunteer at the Normal Parks and Recreation aquatic facilities. This course does not provide a certification of any type but does give students valuable experience toward future employment.

**MIN/MAX:** 5/15

**Location:** Normal West High School Pool

Day	Time	Date	Fee	Activity #
M-TH	5:30-8:00pm	6/11-6/14	\$50	100021-11

Please visit [NormalParks.org](http://NormalParks.org) for additional program information.

