



LIFEGUARD FULL COURSE SCHEDULE: 2017



Course Schedule: (4 class choices)

- Monday March 20 6 – 8 pm SWIM TEST / REQUIRED
- Friday March 24 6 – 9 pm
- Saturday March 25 9 am – 6 pm (1 hour lunch break)
- Sunday March 26 1 – 6 pm

- Monday March 27 6 – 8 pm SWIM TEST / REQUIRED
- Friday March 31 6 – 9 pm
- Saturday April 1 9 am – 6 pm (1 hour lunch break)
- Sunday April 2 1 – 6 pm

- Monday April 17 6 – 8 pm SWIM TEST/ REQUIRED
- Friday April 21 6 – 9 pm
- Saturday April 22 9 am – 6 pm (1 hour lunch break)
- Sunday April 23 1 – 6 pm

- Monday May 8 6 – 8 pm SWIM TEST / REQUIRED
- Friday May 12 6 – 9 pm
- Saturday May 13 9 am – 6 pm (1 hour lunch break)
- Sunday May 14 1 – 6 pm
- **4 participant minimum** is required to hold a class.
- Class size is limited. Please register early to reserve your spot.

Cost & Registration

- **\$300 (must pay online)**
- There will be an additional online fee to access course materials
- Includes textbook, pocket-mask, and first aid supplies
- Includes all of the required components (2 year certification)
- Register and pay online at www.bulldogaquatics.com
- No refunds will be given once the class has started.

Notes

- Students must complete all online components before the first day of class. All information regarding online portion will be given at least one week prior to class. If any portion of the online component is not complete, the student may be asked to leave the course.

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Prerequisites:

15 years of age (bring proof to first class)

Swimming requirements:

Part One: Endurance Swim (there is not a time requirement for this skill)

Swim 300 yards continuously using:

- Front crawl with rhythmic breathing and a stabilizing, propellant kick
- Breaststroke using a pull, breathe, kick, and glide sequence
- Or any combination of the two
- Face in water throughout the swim
- Goggles are allowed

Part Two: Object Retrieval (must be completed in 1 minute and 40 seconds)

- Swim 20 yards using front crawl or breaststroke
- Surface dive
- Retrieve a 10-pound object
- Return to surface
- Swim 20 yards back to the starting point with the object in both hands and placing the object on the chest while swimming on your back
- Place the object on the side and exit the water without ladder
- Goggles are NOT allowed

Part Three: Tread water

- 2 minutes
- Without support or stopping
- Only legs can be used
- Arms will be crossed and hands kept under armpits
- Head must remain above surface of water

**If you need to work on your swimming skills or endurance – use your “dawg for a day” card for pool admission during our normal open hours (NO guests allowed).*

***If you are unable to pass the prerequisite swim test on the first night your money will be returned.*

Certification Requirements:

- Pass the prerequisite swim test
- Have 100% class attendance
- Participate in all water skills
- Receive 80% or better on the three sections of the final written exam
- Demonstrate competency in each critical skill taught in class (Competency is defined as being able to perform each skill correctly and without guidance)
- Successfully complete the final skills scenarios

What to bring to class:

- One piece swim suit or trunks
- Towels
- Notebook & writing utensils
- Drinks & snacks (if you choose)
- Meet on pool deck at the Lambright unless otherwise notified