



LIFEGUARD RECERTIFICATION SCHEDULE: 2017



Course Schedule: (2 class choices)

- Friday March 10 6 – 9 pm
- Saturday March 11 1– 6 pm
- Sunday March 12 1 – 6 pm
- **OR**
- Friday April 7 6 – 9 pm
- Saturday April 8 1 – 6 pm
- Sunday April 9 1 – 6 pm

Cost & Registration:

- \$150 (pay online only)
- There will be an additional online fee to access course materials
- Includes all of the required components (2 year certifications)
- All certifications (Lifeguard/First-Aid/CPR-AED) will be done together. There will be no separate classes.
- Register and pay at www.bulldogaquatics.com.
- No refunds will be given once the class has started.

Notes:

- You must be able to present proof of previous certification
- There will be a short review of skills
- Written and skills tests will be given
- 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:

MUST HAVE CURRENT LIFEGUARD CERTIFICATION

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 and you will be asked to leave the class.*

What to bring:

- Meet at the Lambright Sports & Wellness Center for all classes
- Proof of previous certifications (current within 3 months)
- One piece swim suit or trunks
- Towels
- Lifeguard Training manual and pocket mask.

Certification Requirements:

- Pass the prerequisite swim test
- 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