



# Community Lifeguard Courses 2023-2024

Lifeguard Course Fee: \$217 (Residents) ; \$271 (Non-Residents)

Lifeguard Review Course Fee: \$115 (Residents) ; \$144 (Non-Residents)

You must pass the pretest to be able to continue with the class.

If participant does not pass the pretest, will not be able to continue with the training and will not be eligible for a refund.

You must register 1 day prior to class. If registering for the hybrid lifeguard course, you must register 1 week prior.

Participants must be 15 years of age on or before the last scheduled session of the course.

Prerequisite test involves of the following:

1. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute and 40 seconds:  
Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface in order to breath (or to get a breath).
  - Exit the water without using a ladder or steps.

## Community Instructor-Led Lifeguard Course Schedule

(Minimum of 5 participants required to proceed with course.)

Dates of class	Times of Class	Days of Class	Location of Class
Dec 26-29	8:00AM-5:00 PM	Tues-Fri	Armijo Aquatics Center 911 S. Ochoa 79901
March 2-5	8:00AM-5:00 PM	Sat-Tues	Eastside Natatorium 13501 Jason Crandall Dr. 79938
Mar 11-14	8:00AM-5:00 PM	Mon-Thurs	Armijo Aquatics Center 911 S. Ochoa 79901
April 27-28 & May 4-5	8:00AM-5:00 PM	Sat & Sun	Armijo Aquatics Center 911 S. Ochoa 79901
May 18-19 & May 25-26	8:00AM-5:00 PM	Sat & Sun	Armijo Aquatics Center 911 S. Ochoa 79901
June 10-13	8:00AM-5:00 PM	Mon-Thurs	Armijo Aquatics Center 911 S. Ochoa 79901

## Community Hybrid Lifeguard Course Schedule

(Minimum of 5 participants required to proceed with course. Requires computer and online access.)

Dates of class	Times of Class	Days of Class	Location of Class
Nov 20-21	8:00AM-6:00 PM	Mon-Tues	Eastside Natatorium 13501 Jason Crandall Dr. 79938
April 13-14	8:00AM-6:00 PM	Sat-Sun	Eastside Natatorium 13501 Jason Crandall Dr. 79938

## Community Lifeguard Review Course Schedule

(Minimum of 5 participants required to proceed with course.)

Dates of class	Times of Class	Days of Class	Location of Class
Jan 7	8:00AM-5:00 PM	Sun	Eastside Natatorium 13501 Jason Crandall Drive 79938
March 10	8:00AM-5:00 PM	Sun	Armijo Aquatics Center 911 S. Ochoa 79901
April 6	8:00AM-5:00 PM	Sat	Armijo Aquatics Center 911 S. Ochoa 79901
May 11	8:00AM-5:00 PM	Sat	Armijo Aquatics Center 911 S. Ochoa 79901

For registration and information on lifeguard courses, please contact Armijo Aquatic Center (911 South Ochoa Street, El Paso, TX 79902) to 915-212-0395 during operating hours.

or

Please email [avilajr1@elpasotexas.gov](mailto:avilajr1@elpasotexas.gov) for more information.

Already Red Cross Lifeguard Certified? Apply with us today!  
Scan QR code below.

