



Community Lifeguard Courses 2022-2023

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

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

If you do not pass the pretest, you 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 blending learning 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: **(Must attend every day of registered class)**

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. Limit Capacity of 10 per course.)

Dates of class	Times of Class	Days of Class	Location of Class
Nov 19-22	8:00AM-6:00 PM	Sat-Tues	Eastside Natatorium 13501 Jason Crandall Drive 79938
Dec 19-22	8:00AM-6:00 PM	Mon-Thurs	Armijo Aquatics Center 911 S. Ochoa 79901
Mar 4-7	8:00AM-6:00 PM	Sat-Tues	Armijo Aquatics Center 911 S. Ochoa 79901
Mar 6-9	8:00AM-6:00 PM	Mon-Thurs	Westside Natatorium 650 Wallenberg Drive 79912
Mar 8-11	8:00AM-6:00 PM	Mon-Tues	Armijo Aquatics Center 911 S. Ochoa 79901
Mar 13-16	8:00AM-6:00 PM	Mon-Thurs	Westside Natatorium 650 Wallenberg Drive 79912
Jun 12-15	8:00AM-6:00 PM	Mon-Thurs	Eastside Natatorium 13501 Jason Crandall Drive 79938

Community Blended Learning Lifeguard Course Schedule

For blended learning lifeguard courses, access to internet is required to complete online portions of the course.

(Minimum of 5 participants required to proceed with course. Limit Capacity of 10 per course.)

Dates of class	Times of Class	Days of Class	Location of Class
Nov 26-27	8:00AM-6:00 PM	Sat-Sun	Westside Natatorium 650 Wallenberg Drive 79912
Dec 28-29	8:00AM-6:00 PM	Wed-Thurs	Eastside Natatorium 13501 Jason Crandall Drive 79938
Jan 2-3	8:00AM-6:00 PM	Mon-Tues	Westside Natatorium 650 Wallenberg Drive 79912
Mar 4-5	8:00AM-6:00 PM	Sat-Sun	Eastside Natatorium 13501 Jason Crandall Drive 79938
Mar 11-12	8:00AM-6:00 PM	Sat-Sun	Eastside Natatorium 13501 Jason Crandall Drive 79938
Mar 18-19	8:00AM-6:00 PM	Sat-Sun	Eastside Natatorium 13501 Jason Crandall Drive 79938

For registration and information on lifeguard courses, please contact Memorial Aquatic Center (3251 Copper Avenue 79930) to 915-212-0524 during operating hours.

or

Please email avilajr1@elpasotexas.gov or wheelerl@elpasotexas.gov

Already certified as American Red Cross lifeguard and looking to apply as a lifeguard?

Scan QR Code and Apply with the City Of El Paso!

