



Community Lifeguard Courses 2021

Fee: \$217 for Full Lifeguard Course / \$115 for Review Lifeguard Course

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 2 days 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.

IMPORTANT NOTICE REGARDING COURSES & COVID-19:

- Due to the nature of our training, candidates who register for a course will be required to demonstrate skills and techniques to each other. During these demonstrations, students will be given disposable gloves and be required to keep their masks on. If you are uncomfortable with this, please consider registering for a course after the pandemic restrictions are further lifted.
- Students will be required to wear PPE during the dry portions of their class (as well as on deck waiting their turn). If you are unable to wear a face mask due to health-related reasons, we suggest booking your course at a later time as **students will not be allowed to attend our courses without wearing a mask.**
- For blended learning lifeguard course, you are required to bring a tablet/laptop to access reading material.

Community Lifeguard Course (Blended Learning) Schedule

(Minimum of 5 participants required to proceed with course. Limit Capacity of 6 per course.)

Dates of class	Times of Class	Days of Class	Location of Class
April 10- April 18	8:00AM-6:00 PM	Sat & Sun (2 Weekends)	Armijo Aquatics Center 911 S. Ochoa 79901
May 1- May 9	8:00AM-6:00 PM	Sat & Sun (2 Weekends)	Armijo Aquatics Center 911 S. Ochoa 79901
June 17- June 20	8:00AM-6:00 PM	Thursday - Monday	Armijo Aquatics Center 911 S. Ochoa 79901

Community Lifeguard Review Course Schedule

(Minimum of 5 participants required to proceed with course. Limit Capacity of 6 per course.)

Dates of class	Times of Class	Days of Class	Location of Class
April 2	8:00AM-3:00 PM	Friday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 3	8:00AM-3:00 PM	Saturday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 9	8:00AM-3:00 PM	Friday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 10	8:00AM-3:00 PM	Saturday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 11	8:00AM-3:00 PM	Sunday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 16	8:00AM-3:00 PM	Friday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 17	8:00AM-3:00 PM	Saturday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 18	8:00AM-3:00 PM	Sunday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 23	8:00AM-3:00 PM	Friday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 24	8:00AM-3:00 PM	Saturday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902
April 25	8:00AM-3:00 PM	Sunday	Pat O'Rourke Aquatics Center 901 North Virginia Street 79902

For more information on lifeguard courses, please email avilajr1@elpasotexas.gov or wheelerl@elpasotexas.gov.