

## Community Lifeguard Courses 2018-2019

Fee: \$217

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.

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 breathe (or to get a breath).
  - ■ Exit the water without using a ladder or steps.

<b>4/27, 4/28, 5/4, 5/5</b>	Saturday & Sunday (2 weekend class)	8:00am - 5:00pm	Armijo Aquatic Center 911 S. Ochoa 79901 (915) 212-0395
<b>5/28/18- 5/31/18</b>	Tuesday - Friday	8:00am - 5:00pm	Armijo Aquatic Center 911 S. Ochoa 79901 (915) 212-0395

**Lifeguard Job Fairs to include prerequisite swim test and applying online will be scheduled in January more details to follow.**



## Community Lifeguard Renewal Courses 2018-2019

Fee: \$115

*Classes held on Saturdays and Sundays (Must be present both days)*

*You must present your current Certification to the instructor on the first day of the class to be eligible for this training.*

*Must bring your resuscitation mask and whistle for each day of class, will not provide items for this training.*

*There are no refunds after the start of the training.*

*Please make sure you prepare for the training, if you do not pass the prerequisite skills test or if you do not show competency for each skill you will need to register for a complete lifeguard training without refund for the current class.*

<b>May 4, 2019 &amp; May 5, 2019</b>	Saturday & Sunday	8:00 AM- 2:00 PM	Westside Natatorium 650 Wallenburg Dr. 79912 (915) 212-0458
<b>May 11, 2019 &amp; May 12, 2019</b>	Saturday & Sunday	8:00 AM- 2:00 PM	Pat O'Rourke 901 N. Virginia Blvd. (915) 212-0128
<b>June 1, 2019 &amp; June 2, 2019</b>	Saturday & Sunday	8:00 AM- 2:00 PM	Westside Natatorium 650 Wallenburg Dr. 79912 (915) 212-0458

For more information, please call to (915) 212-0397 or visit us @

[elpasotexas.gov/parks](http://elpasotexas.gov/parks)