

COURSE REQUIREMENTS

You will also be required to participate in all skills sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the written exams with a minimum grade of **80%**.

To enroll in the Lifeguarding course, you must also pass a prerequisite skill evaluation that includes the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. This includes front crawl, breaststroke, or a combination of both, but you may NOT swim on your back or side.
2. Tread water for 2 minutes using your legs
3. Retrieve a 10 lbs. weight from 7 feet deep water, surface and swim 20 yards with weight.

Train To Be A Lifeguard



Call Pete Ragus Aquatic
Center to sign up:
806-219-0830



AMERICAN RED CROSS LIFEGUARD TRAINING

Pete Ragus Aquatic Center
2004 14th Street
Lubbock, TX 79401
806-219-0830

WANTED:

Lifeguards (Ages 15+)

***Must be 15 years old the day the session begins.**

Register today for American Red Cross Lifeguard training at LISD's Pete Ragus Aquatic Center. Learn skills to help keep people safe in, on and around the water.

Course Length: approximately 20 hours (includes 7 hours blended learning)

All Classes will take place at the Pete Ragus Aquatic Center and participants must attend **EVERY** day of their scheduled sessions.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/ First Aid/CPR/AED, valid for 2 years.

Lifeguards needing recertification should contact Coach Hayes for more information:

david.hayes @lubbockisd.org

SCHEDULING & PAYMENT

-The course is **\$180.00**. The fee includes lifeguard manual, whistle, facility fees, lifeguard-hip pack and certification fees.

-Payment will be **due** after the first scheduled meeting (the skills test) for each session.

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| Session 1 |
| Monday, March 20 Tryout- 5:00 – 7:00 PM Physical Skill Test |
| Friday, March 24 5:00-9:00 PM |
| Saturday, March 25 9:00 AM – 5:00 PM |
| Sunday, March 26 12:00 – 6:00 PM |
| Session 2 |
| Monday, March 27 Tryout- 5:00 – 7:00 PM Physical Skill Test |
| Friday, March 31 5:00-9:00 PM |
| Saturday, April 1 9:00 AM – 5:00 PM |
| Sunday, April 2 12:00 – 6:00 PM |

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| Session 3 |
| Monday, April 17 Tryout- 5:00 – 7:00 PM Physical Skill Test |
| Friday, April 21 5:00-9:00 PM |
| Saturday, April 22 9:00 AM – 5:00 PM |
| Sunday, April 23 12:00 – 6:00 PM |
| Session 4 |
| Monday, May 1 Tryout- 5:00 – 7:00 PM Physical Skill Test |
| Friday, May 5 5:00-9:00 PM |
| Saturday, May 6 9:00 AM – 5:00 PM |
| Sunday, May 7 12:00 – 6:00 PM |



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