



Train to be a LIFEGUARD!

The Park Board is NOW HIRING Lifeguards for spring and summer

Ages 15 and up

Apply at
ParkBoard.org/jobs

American Red Cross Certification required, training available February-May

Training course fee:
\$160, scholarships may be available

Register at
ParkBoard.org
Click "Register Now"
Search "Lifeguard"

Spring 2020 Lifeguard Training

Session 1 Fri., Feb. 14- Sun. Feb. 16

Doling Family Center and Central H.S. Pool

Session 2 Fri., Feb. 21- Sun. Feb. 23

Central High School Pool

Session 3 Fri., Feb. 28- Sun., March 1

Central High School Pool

Session 4 (Spring Break) Fri., March 13- Sun. March 15

Central High School Pool

Session 5 (Spring Break) Tues., March 17- Thurs., March 19

Central High School Pool

Session 6 Fri., April 3- Sun., April 5

Class Location TBA

Session 7 Fri., April 17- Sun., April 19

Class Location TBA

Session 8 Fri., April 24- Sun. April 26

Class Location TBA

Session 9 Fri., May 1- Sun., May 3

Central High School Pool

Session 10 Fri., May 8- Sun., May 10

Central High School Pool

All sessions except Spring Break:

Fri., 4:30-9:30 p.m.; Sat., 10 a.m.-8 p.m., Sun., 11 a.m.-7 p.m.

Registration also available at Chesterfield and Doling Family Centers.

Register by noon, **five calendar days before** session begins. Sessions may be canceled if enrollment is low.

Apply for scholarships at ParkBoard.org/Scholarships





LIFEGUARD TRAINING

Lifeguard Training session information

Who: Lifeguard Training is for anyone ages 15 and up interested in becoming an American Red Cross Certified Lifeguard. Certification is required to lifeguard at a Park Board pool.

Class Requirements: Participants must successfully complete a series of pre-course skills. These include a 300-yard swim (goggles permitted), treading water for 2 minutes, and a timed event in which you must retrieve and swim with a 10-pound object. During the 300-yard swim you will demonstrate continuous breath control and rhythmic breathing. You may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not allowed.

Certification: Upon successful completion of the course, you will obtain American Red Cross Lifeguard Certification, which is valid for 2 years. This includes lifeguarding skills, CPR for the Professional Rescuer, AED and First Aid.

Before your session: This course includes online training prior to in-person training. **The online portion must be completed, and your certification of completion must be printed, before your session begins.** Instructions will be emailed to you. Bring your certification of completion with you on the first day.

Locations: Doling Family Center Pool, 301 E. Talmage St., and Central High School Pool, 404 E. Central St. Class locations are subject to change. April class locations to be announced.

What to wear to class: Ladies need a one-piece swimsuit. Gentlemen need swim trunks. Everyone needs dry clothes for classroom time.

What to bring to class: All participants must have a towel, paper and pen for taking notes, and a whistle. Park Board staff uses a Fox 40 whistle. Participants may also bring snacks and drinks, as well as a sack lunch/dinner for mealtimes.

Attendance: 100% attendance is required for certification. You must attend all 21 hours of the training session. **There are no makeup classes.** Breaks will be given throughout training sessions, including mealtimes, but participants must remain at the facility during breaks.

After your session: You may be asked to complete a program evaluation form, so please keep in mind any suggestions as you participate. This feedback is beneficial so we may further improve our services.

Questions? Call 417-874-2815

Refund Policy: If you decide to cancel your registration for our program, a refund request form must be filled out and returned at least five business days prior to the start of the program. All approved refunds will be charged a \$10 processing fee.