

2017 Lifeguard Training

Mary T Meagher Aquatic Center

CLASS	DATES	DAYS	TIMES	FEE	LOCATION
SESSION I	Jan. 8—Jan. 29	Sunday's	1— 5 pm	\$200	MTMAC
SESSION II	Feb 4—Mar 4	Saturdays (No Class Feb 18)	9 — 5 pm	\$200	MTMAC
SESSION III	Feb 5—Mar 5	Sunday's (No Class Feb. 19)	1— 5 pm	\$200	MTMAC
SESSION IV	April 2—April 23	Sunday's	1— 5 pm	\$200	MTMAC
SESSION V	Apr. 15—May 20	Saturdays (No Class Apr. 22, May 6)	9 — 5 pm	\$200	MTMAC
SESSION VI	April 30—May 21	Sunday's	1 — 5 pm	\$200	MTMAC
SESSION VII	May 22—May 26	M, T, W, TH, F	4 — 9 pm	\$200	MTMAC

PRE-REQUISITES for Lifeguard Training

The following are **pre-requisite skills** for lifeguard training; you will be asked to perform these skills on the first day of class.

- Swim 300 yards continuously-- 100 freestyle, 100 breaststroke and 100 choice of freestyle or breaststroke.
- Tread Water for 2 minutes no hands.
- Swim 20 yards and surface dive 10 feet retrieving a 10-pound brick. Once swimmer has retrieved brick then the swimmer must swim 20 yards on their back while holding both hands on the brick to the original starting point. The swimmer must exit the water without using a ladder or steps. This pre-requisite must be completed in 1 min and 40 seconds.

NO COST for this training if participants are willing to work for Metro Parks during the 2017 summer season.
If not working for Metro Parks the course fee is \$200.00.

Please call Keith Smith @ 502-897-9949 for more info.



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