

BOLD Community Pool
Lifeguard Training – Certification Class
Ages 15 – Adult
Instructor- Marisa Kroells

Overview of Class:

Participants learn skills and knowledge needed to prevent and respond to aquatic emergencies.

Participants must be able to:

- Swim 300 yards continuously using the Front Crawl and Breaststroke
- Swim 20 yards, submerge to a minimum depth of 7 ft, retrieve a 10-pound object, return to surface and swim with object back to wall within one minute and 40 seconds.
- Tread water for 2 minutes (no hands).

Upon Successful Completion:

- Participants receive a certificate for the American Red Cross Lifeguard Training and qualify to apply for lifeguard positions.
- Participants must attend all classes, no exceptions. Limited to 10 students.
- Bring swim gear every day, snacks and lunch on all Classes.

Dates and Times:

Saturday, October 5th, 8:00pm-6:00pm, Sunday, October 6th 8:00am-6:00pm

Thursday, October 17th, 8:00am-6:00pm and Friday, October 18th 8:00am-until done!

Fee is \$225.00 Questions you can email tracey.johnson@bold.k12.mn.us or 320-523-1031 Ext 3152

*** BOLD Students please contact Tracey Johnson for a price Registration Deadline Monday, September 23th, 2019

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Lifeguard Training – Certification Course

Name _____

Cell Phone Number _____

Email Address _____

Age by the last day of class _____

Mail Registration Form and Fee to: BOLD Community POOL
Tracey Johnson, Pool Coordinator
701 South 9th Street
Olivia, MN 56277