

**BOLD Community Pool**  
**Lifeguard Training – Certification Class**  
**Ages 15 – Adult**

**Overview of Class:**

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

Participants must be able to:

- Must jump into deep water, swim 150 yards continuously, either doing the freestyle or breaststroke or a combination of the two, tread water for 2 minutes without using hands, then swim another 50 yards. This needs to be completed with no breaks.
- 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.

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 8 students.
- Bring swim gear every day, book, snacks and lunch on all days.

Dates and Times:

Sunday, May 5th 8:00am – 6:30pm, Friday, May 24th 6:00 - 9:00 PM

Sunday, May 26th 8:00am – 6:30pm, Monday, May 27th 8:00am - Until Done

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

\*\*\* BOLD Students price is **\$150.00** Registration Deadline May 1st, 2024

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Lifeguard Training – Certification Course

Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Age by the last day of class \_\_\_\_\_ (15 is required)

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