

**BOLD Community Pool
Lifeguard Re-Certification Class
Ages 15 - Adult**

Overview of Class:

Participants review 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 freestyle, breaststroke or a combo of the two, tread water for 2 minutes without using hands, then swim another 50 yards. This must 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 the wall within one minute and 40 seconds.

Upon Successful Completion:

- Participants receive a certificate for the American Red Cross Lifeguard Training, CPR/AED, and First Aid.
- Participants must have a current certification, must attend class, no exceptions.
- **Limited to 6 students.**
- Bring your book, swim gear every day, lunch, snacks and pocket mask every day.
- **New Lifeguarding Materials 2024 will be used **New Book and Updated Skills will be part of this review**

Dates and Times:

May 4th, 2024 8:00 am-done at BOLD Community Pool.

Fee is \$90.00 **Payment is needed with your registration

Questions you can email tracey.johnson@bold.k12.mn.us or 320-523-1031Ext 3152

Registration Deadline April 18th, 2024

BOLD Community Pool
Lifeguard Training Re-Certification Course

Name _____

Cell Phone Number _____

Email Address _____

Expiration of certification _____

** Payment is need with your registration

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