

BOLD Community Pool
Blended Learning 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 6 students.
- Bring swim gear every day, book, snacks and lunch on all days.

Dates and Times:

Monday, June 3rd 5:00 pm – 9:00 pm, Wednesday, June 5th 5:00 pm - 9:00 pm

Monday, June 10th 5:00 pm – 9:00 pm, Wednesday, June 12th 5:00 pm - 9:00 pm, Monday, June 17th 5:00 pm-9:00 pm, Monday, June 24th 5:00 pm - 9:00 pm

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

*** BOLD Students price is **\$150.00** Registration Deadline May 22nd, 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 9th Street
Olivia, MN 56277