



# AMERICAN RED CROSS LIFEGUARD CLASS



**Class Dates & Times:**      **Class Fee: \$160**

**TBA**

**FREE** classes to those applying to work exclusively at the Columbus Aquatic Center, notarized form required.

### **Prerequisite skills:**

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
  2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
  3. Complete a timed event within 1 minute, 40 seconds.
    - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
    - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-pound object.
    - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps.
- Participants must successfully complete the swimming prerequisites to continue in the Lifeguarding course. (These skills will need to be completed first on day one.)
  - The Columbus Aquatics Department allows participants to practice the prerequisites before signing up for a class. There are NO refunds once registered for the class.
  - The City of Columbus is willing to pay for the class if the participant is working exclusively for the Columbus' Aquatics Department. For more information and/or questions, please contact the Columbus Aquatic Center or visit our website.

## **Columbus Aquatic Center**

1783 10th Ave. Columbus, Ne 68061 • 402-563-3222 • [www.columbusne.us/aquatics](http://www.columbusne.us/aquatics)