

# 2009 Northwest Lifeguard Test Schedule

**Sun, March 15**  
**Meadowbrook**  
(206) 684-4989  
9 a.m.  
10515 35th Ave  
NE, Seattle

**Sun, May 17**  
**Evans Pool**  
(206) 684-4961  
9 a.m.  
7201 E Green Lake  
Dr N, Seattle

**Sun, June 7**  
**Meadowbrook**  
(206) 684-4989  
9 a.m.  
10515 35th Ave NE,  
Seattle

**Sun, Nov 8**  
**Evans Pool**  
(206) 684-4961  
9 a.m.  
7201 E Green Lake  
Dr N, Seattle

**Sun, April 19**  
**Mercer Island Pool**  
(206) 296-4370  
9 a.m.  
8815 SE 40th St,  
Mercer Island

**Sat, June 20**  
**Madison Pool**  
(206) 684-4979  
9 a.m.  
13401 Meridian  
Ave N, Seattle

## **IMPORTANT STEPS AND INFORMATION FOR TAKING THE NORTHWEST TEST**

1. Advance registration is required. Call the pool at least 3 days prior to the test to register. The test will be capped at 60 and cancelled if there are less than 10 people registered.
2. You must be at least 15 years old and have current American Red Cross Lifeguard & CPR/AED for the Professional Rescuer to take the test.
3. Grading criteria and test information is available at all City of Seattle Pools, NW Center Pools, City of Covington Pool or Kenneth Jones Pool in Federal Way. It is also available at [www.seattle.gov/parks/aquatics/lifeguardtest.htm](http://www.seattle.gov/parks/aquatics/lifeguardtest.htm)
4. NEW! Starting in 2008, there will be separate Beach Guard and Indoor Pool Guard Endorsements. Scoring of the timed Head High 50 Yard Swim and underwater length of the 100 Yard Medley have been changed to reflect the specific demands of indoor versus outdoor facilities.
5. Bring a pocket mask, swim suit and towel.
6. Use of goggles, nose plugs, swim caps or fins is not allowed during the test.
7. The test takes approximately 3 – 4 hours depending on number of candidates.
8. There is no charge to take the test. If a card is lost there is a \$5.00 replacement fee.
9. The NW Test Certification is valid for 2 years from the date of issue.

## **INCREASE YOUR ABILITY TO PASS THE NORTHWEST TEST - TAKE THE NW PREP COURSE!**

For more information call Meadowbrook Pool at 206-684-4989 or check the schedule of classes online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

The NW Test is sponsored by Seattle/King County Chapter of the American Red Cross in cooperation with Seattle Department of Parks and Recreation, the City of Federal Way, NW Center Pools and the City of Covington.



**SEATTLE PARKS  
AND RECREATION**