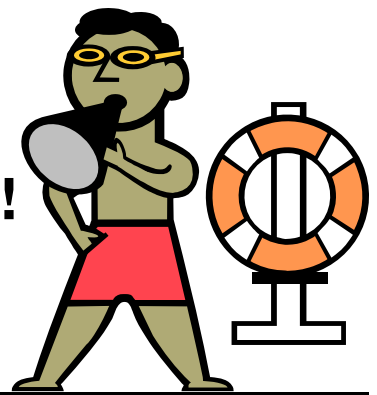


**Looking for a job?
Become a lifeguard!**



American Red Cross Lifeguard Training

Course includes **Lifeguard Training & First Aid** and **CPR/AED for the Professional Rescuer**.

Prerequisites: Minimum age of 15 & pass the precourse skills tests on Sunday, Dec. 13 at 7pm or Friday, Dec. 18 at 8pm (See bottom of page for list of precourse skills. Register after passing precourse test.)

Cost: \$125, plus *Lifeguard Training Participant* book (\$34.95) and Pocket Mask (\$13.50) to be purchased from the American Red Cross prior to class start. Contact Red Cross at 206-323-2345.

For more information please call Ballard Pool (206-684-4094) or see

<http://www.seattle.gov/parks/Aquatics/ballardp.htm>

**Monday & Tuesday
Dec. 21-22 & 28-29**

12 - 8:30 p.m.

&

Wednesday, Dec. 30

1 - 5:30 p.m.



BALLARD POOL

1471 NW 67th St.

Seattle, WA 98117

Phone: 206-684-4094

<http://www.seattle.gov/parks/Aquatics/ballardp.htm>

Precourse skills:

1. Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of the front crawl and breaststroke.
2. Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.