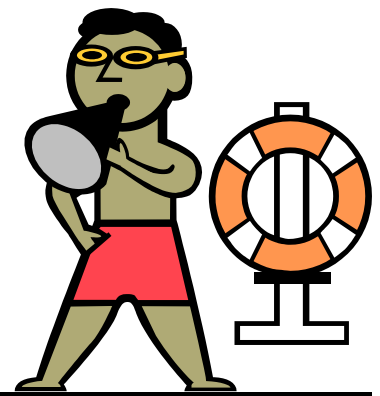


Looking for a job?

Become a lifeguard!



American Red Cross Lifeguard Training

Course includes **Lifeguard Training & First Aid** and **CPR/AED for Lifeguards**.

Prerequisites:

- Minimum age of 15 by May 8, 2022.
- Successful completion of pre-course skills (*See back of page for list of pre-course skills. Register after passing pre-course test.*)
- 8 hours of online material to be completed before the first class session on April 29
- Proof of age by showing ID with DOB included

Pre-test options:

Wednesday, April 20, 8:00 PM #49053
Saturday, April 23, 12:00 PM #49056

Cost: \$190* Course Fee. Lifeguard Course material obtained after passing pre-course skills test and after online registration with American Red Cross. Pocket mask also required prior to start of course, and can be purchased at Queen Anne Pool for \$15.

*Possible discount upon hiring with SPR

Friday, April 29:

4:30 PM—9:00 PM

Saturday, April 30:

4:30 PM—9:00 PM

Sunday, May 1:

11:00 AM—5:00 PM

Friday, May 6:

4:30 PM—9:00 PM

Saturday, May 7:

4:30 PM—9:00 PM

Sunday, May 8:

11:00 AM—5:00 PM



Seattle
Parks & Recreation

QUEEN ANNE POOL
1920 1ST AVE W
SEATTLE, WA 98119
PHONE: 206-386-4282

<https://www.seattle.gov/parks/find/pools/queen-anne-pool/>

Precourse skills: Candidates must...

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 their legs. Candidates should place their hands under their armpits.
3. Complete a timed event within 1 minute and 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are **not** allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on their back to return to the starting point with both hands holding the object and keeping their face at or near the surface in order to breathe.
 - Exit the water without using a ladder or steps.

