

LIFEGUARDING CLASS (contact Lyndsay Laub - lyndsay.minnich@gmail.com)

Prerequisites:

-Must be 15 years of age on or before the final scheduled session.

-**MUST** complete the following swimming prerequisites:

1. **Swim 300 yards continuously demonstrating breath control and rhythmic. Swimmers can use the front crawl or breaststroke or a combination of both, but no sidestroke or backstroke. Goggles may be used.**
2. **Tread water for 2 minutes using the legs only. Hands are under the armpits.**
3. **Swim 20 yards with face in or out of the water, surface dive to 7-10 feet; retrieve a 10-pound object. Return to surface and swim 20 yards on the back to the starting point with the object, exit the water within 1 min. 40 sec. No goggles**

Class Meeting Dates at South Dearborn High School-Pool

Try outs:

December 12th 7pm-8pm (Could be shorter depending on how many students there are)

Class:

Saturday December 15th 9am- 3pm

Sunday December 16th 9am-3pm

Saturday December 22nd 9am-3pm

Sunday December 23rd 9am-11am practice. (If needed) Written and water test right after practice. (Students are free to leave once they have completed both tests.)

**Students may leave for lunch break or bring a sack lunch. Classes may release early, depending on class size and material covered.

Cost: \$250.00 total

\$250 will be paid to the instructor the First Day of class (checks can be made out to Lyndsay Laub)

This fee includes online book fees, pool rental, instruction, supplies, CPR/AED for the Professional Rescuer,

Testing:

-Skills testing over the water skills

-Two written exams: Lifeguarding and CPR/AED for the Professional Rescuer

-**MUST** receive 80% or better on written exam (No refunds are offered if student does not pass exams)

To register for the class:

To sign up for the class please e-mail **Lyndsay Laub** at lyndsay.minnich@gmail.com no later than **December 9th.**

** A Lifeguarding/CPR recertification class is also being offered on Sunday December 16th 12:00 for \$75.00. Please e-mail lyndsay.minnich@gmail.com for more information.