

# Register for City of Round Rock LIFEGUARD TRAINING 2012

## COURSE INFORMATION

**FEE: \$190 (non-residents pay additional \$10)**

Includes book & pocket rescue mask

**SESSION I: March 12-15** \*18692

**Times:** 3/12 8a-5p\*  
3/13 8a-5p\*  
3/14 8a-5p\*  
3/15 8a-5p\*

**Session II: June 12-15** \*18693

**Times:** 6/12 8a-5p\*  
6/13 8a-5p\*  
6/14 8a-5p\*  
6/15 8a-5p\*



**Attendance** is mandatory at **ALL** of the days of the session. Please schedule accordingly. Bring your swimsuits, towel, notebook, and pen.

**Full attendance is mandatory. No make-ups.**

**\*\*\*Locations are subject to change. Times may vary depending on the instructor's pace.\*\*\***

**MAIN LOCATION (First day meeting place): Lake Creek Pool - 800 Deerfoot Dr. (\*other possible class locations include: Clay Madsen Recreation Center -- 1600 Gattis School Rd. McConico Community Room – 300 W. Bagdad and the Allen R. Baca Center- 300 W. Bagdad Building 2)**

**Requirements:** Class size is limited so register early! You must be at least 15 years of age before the last scheduled class session (bring a birth certificate or license the first day) and be able to demonstrate the following 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 front crawl and breaststroke.
2. Starting in the water, swim 20 yards using 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.
3. **Failure to pass the swimming portion will result in failure to continue with the rest of the class. There must be a minimum number of 4 participants that pass the swimming portion for the class to continue.**

The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly to emergencies and prevent injuries. Upon course completion, each participant will receive an American Red Cross Universal Certificate indicating Lifeguarding/First Aid, which is valid for 3 years, and an American Red Cross Universal Certificate indicating CPR/AED for the Professional Rescuer, which is valid for 1 year. If you have any questions, call 218-5540

**Refund Policy:** This class is pass/fail. Refunds will be given after the pre-test if the participant does not pass the swimming requirement minus an administrative fee of \$25.

**No refunds will be given at the end of class for failure to pass.**

Register in person at CMRC or PARD main office. You can also register online at [www.roundrockrecreation.com](http://www.roundrockrecreation.com)