BECOME A LIFEGUARD

Attendance is mandatory at ALL of the days of the session. Please schedule accordingly.

What you will learn...

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, and CPR/AED for the Professional Rescuer which is valid for 2 years. If you have any questions, call (512) 341-3367.

Requirements....

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 min. using only the legs. Candidates should place their hands under the armpits.

3. Complete a timed event within 1 minute, 40 seconds. Swim goggles are not allowed.
   - (a) Starting in the water, swim 20 yards. The face may be in or out of the water.
   - (b) Surface dive, feet-first or head-first, to a depth of 7 - 10 feet to retrieve a 10 lb object.
   - (c) Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
   - (d) Exit the water without using a ladder or steps.

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.

Locations-possible class locations include:

Lake Creek Pool | 800 Deerfoot Drive, Clay Madsen Recreation Center | 1600 Gattis School Rd., Micki Krebsback Pool | 301 Deepwood Drive and the Allen R. Baca Center | 300 W. Bagdad Bldg 2

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 refund on ARC fees. No refunds will be given at the end of class for failure to pass.

Who can Apply?...

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 required skills.

Fee...

$215* (non-residents pay additional $10) Includes book & pocket rescue mask. Full attendance is mandatory. Portions paid directly to American Red Cross

What to bring...

Swimsuits, towel, notebook, and pen.

Session I

CODE: 24874
Dec. 20 - Dec. 22
8:00am - 5:00pm

Session II

CODE: 24872
Mar. 16 - Mar. 19
8:00am - 5:00pm

Session III

CODE: 24873
June 8 - June 11
8:00am - 5:00pm

No make-ups.

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

Successful completion of class does not guarantee employment.

REGISTER NOW

SPACE IS LIMITED

WWW.ROUNDROCKRECREATION.COM

You can also register in person at CMRC or PARD main office