

# Lifeguard Training Program

Paid Training Program for Lifeguards and Pool Attendants!

## Flexible Scheduling

**Training Rate**

**\$16.00/hr**

**Pool Attendant Rate (16+)**

**\$18.84/hr**

**Lifeguard Rate (18+)**

**\$19.40/hr**

Scan the QR Code to fill out the form to be notified for the next Lifeguard Training



Obtain Certifications for

- ◆ Lifeguarding
- ◆ CPR
- ◆ First Aid

Must be able to pass a background check, which includes fingerprinting

Must be able to pass a swim test consisting of-

- ◆ Swim 300 yards continuously, using front crawl or breaststroke
- ◆ Swim 20 yards using the front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface and 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. When returning to the starting point, the participant's face must remain above the water and the participant must hold the 10-pound object with both hands.
- ◆ Swim at Level 4 stroke proficiency as defined by the American Red Cross, which includes swimming 25 yards each of: front crawl, back crawl, breaststroke, elementary breaststroke, sidestroke, and butterfly for 15 yards.
- ◆ Tread water for 2 minutes using only your legs.
- ◆ Back float or scull on back for 1 minute.



We are an equal opportunity employer/program.