2024 Lifeguard Training Registration All Seasons Center, Sioux Center Iowa

Session 1: March Training March 5, 11, 19, 25, 26 6:00-10:00pm **Session 3: April Training** April 2, 4, 18, 23 5:00-10:00pm **Pre-Test:** 1:Complete a swim-tread-swim sequence without stopping to rest: swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted.) Maintain position at the surface of the water for 2 minutes by treading water using only the legs, Swim 50 yards using the front crawl, breaststroke or a combination of both. 2: Complete a timed event within 1 minute, 40 seconds: • Starting in the water, swim 20 yards. • Surface dive to a depth of 10 feet to retrieve a 10-pound object. • Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface. • Exit the water without using a ladder or steps. (Swim goggles are not allowed) Pre-test will be done the first night of class; everyone will have 2 attempts on each element. This class is set up as a blended learning class where an additional 7 hours of the class will be completed online on your own. Must have a minimum of 4 participants to hold the class. **Prerequisites:** Must be 15 years of age and pass pre-test. Cost: \$200.00 Payment must accompany registration. Payment options: credit card, cash or check payable to All Seasons Center Fee waved if commitment made to work at All Seasons Center Questions or for more information please contact Jill Miller at 712.722.4386 ext. 6 or jillm@allseasonscenter.org. 2024 Spring Lifeguard Training Registration Form Name _____ Date of Birth _____ City_____ State ____ Email ______ Phone Number _____ Session _____ Please return registration to: All Seasons Center Attn: Jill Miller

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