



Spring 2019 Lifeguard Training

Take the Pre-Course Swim Test and see if you qualify!

MANDATORY PRE-COURSE TESTING

Must Complete to Register for the Lifeguard Class

Conditioning, Stroke Improvement, and Testing available every

Wednesday night at 7:15 pm until class begins Mar 28

(Feb 13, Feb 20, Feb 27, Mar 6, Mar 13, Mar 20, Mar 27)

There is no cost to attend the pre-course sessions! Register on-line at register.pocatello.us or call 208-232-3901 to register over the phone, or register in person at 144 Wilson.

Payment will be collected and your name added to the Lifeguard Training roster upon successful completion.

Prerequisite: Skill Testing includes:

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 minutes using only the legs - hands must stay under armpits.
3. Complete a timed event within 1 minute, 40 seconds. Start in the water, swim 20 yards (face in or out of water, but no goggles allowed), Surface dive, to a depth of 8 ft. to retrieve a 10 # brick return the surface and swim 20 yards on the back to the starting point with both hands on brick and face at or near surface for breathing.

LIFEGUARD TRAINING CLASS

100% ATTENDANCE REQUIRED

Thu, Mar 28, Fri, Mar 29 & Thu, Apr 4 & Fri, Apr 5 (6:30-8:30 pm)

Saturdays, Mar 30 & Apr 6 (9:30 am - 4:30 pm)

Cost: \$40/Class

Certifications (valid for 2 years) Earned Upon Successful Completion:

American Red Cross Lifeguard Training, CPR/AED for Lifeguards, and First Aid

Red Cross Age Requirement 15 years and older

****Registration limited to 15 students/class who successfully complete the pre-course test and who pay the registration fee. All others will be placed on the waitlist and get first opportunity to sign up for future lifeguarding classes****

**Pre-course sessions and Lifeguard Training class held at the
Community Recreation Center - 144 Wilson - 232-3901**

Please Note:

Taking this course does not guarantee being interviewed or hired by the City of Pocatello Aquatic facilities. Hiring of certified lifeguards by our facilities is a very competitive process of interviews and skill testing. For Hiring purposes the age preferred is 16 and older.