

WINTER BREAK LIFEGUARD TRAINING COURSE AT THE SNOHOMISH AQUATIC CENTER

Session dates: December 27-30

Wednesday, December 27, 9 a.m.- 5 p.m.

Thursday, December 28, 9 a.m.- 5 p.m.

Friday, December 29, 9 a.m.- 5 p.m.

Saturday, December 30, 9 a.m.- 5 p.m.

\$250 for certification. This includes a \$50 fee for the cost of the certification charged by the American Red Cross.



This American Red Cross course is taught by our Snohomish Aquatic Center lifeguard instructors and provides entry-level participants the knowledge and skills to prevent recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. The course is taught in a blended learning format. The online portion (accessed via mobile desktop or tablet) must be completed prior to attending the instructor-led skills session.

Requirements:

- Must be 15 years or older to register
- 100% attendance for all in-person training days and completion of the online portion of the course is required in order to receive certification
- A swimming assessment will be required on the first day of training. The assessment consists of:
 - 300-yard swim using either freestyle, crawlstroke, or breaststroke
 - Tread water for two minutes using legs only
 - Swim 20 yards, dive no less than 10 feet, and retrieve an object weighing 10 pounds. Return to the starting point keeping both hands on the object, and the face out of the water. Remove the object, and then exit the pool without using stairs or a ladder

Register at: www.sno.wednet.edu/aquaticcenterregistration

SNOHOMISH
AQUATIC
CENTER

516 Maple Avenue, Snohomish, WA 98290
360-568-8030 www.snohomishaquatic.com

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator, Title IX Coordinator and ADA – Darryl Pernat, 1601 Avenue D, Snohomish, WA 98290, 360-563-7285, darryl.pernat@sno.wednet.edu; Section 504 Coordinator and Harassment, Intimidation and Bullying – Shawn Stevenson, 1601 Avenue D, Snohomish, WA 98290, 360-563-7282, shawn.stevenson@sno.wednet.edu.