

SPRING BREAK 2022



LIFEGUARD TRAINING

**AT THE
SNOHOMISH AQUATIC CENTER**

FREQUENTLY ASKED Q&A AND GENERAL INFORMATION

When are the classes being offered?

The class will be offered during Spring Break 2022 on the following dates/times:

- Monday, April 4, 9 a.m.-4 p.m.
- Tuesday, April 5, 9 a.m.-4 p.m.
- Wednesday, April 6, 9 a.m.-4 p.m.
- Thursday, April 7, 9 a.m.-4 p.m.

All sessions include a 30-minute lunch break. Time will vary day to day. Students are welcome to bring snacks/water. It's also possible that class will end early each day if content has been sufficiently covered.

What are the requirements to take the course?

Candidates must be 15-years-old or older by the last day of the course. 100% attendance is required at all class sessions. Candidates will be required to perform a swimming assessment on the first day. The assessment is:

- 300-yard swim using either freestyle/crawlstroke or breaststroke.
- Tread water for 2 minutes without use of the hands.
- Swim 20 yards, dive no less than 7 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.

What does it cost?

Total cost for the course is \$200 payable to the Snohomish Aquatic Center upon registration. This includes a \$38 certification fee charged by the American Red Cross.

COVID-19 considerations

The course will be adhering to state, local, and American Red Cross safety protocols. Students will be required to be in close contact with other students while performing in water skills.

How does the course 'work'?

Students will be required to complete on-line education sessions at home, prior to course sessions, and provide a certificate of completion prior to each course day. Instructor will combine lecture and in-water skills practice to ensure that call course content is sufficiently covered prior to final testing. Upon successful completion students will receive certification in lifeguarding, CPR/first-aid, AED, and blood borne pathogens.

How do I register for the course?

Registration can be completed online or in person at the Snohomish Aquatic Center. Please note that 100% attendance is required at all class sessions. No refunds will be issued to those who fail to pass the swimming prerequisites.

What if I have other questions?

If you have other questions, or would like more information, please email Rob Serviss, facility aquatics manager, at robert.serviss@snohomishaquatic.com