

Community Aquatic & Skate Park

Train to be a Lifeguard

Lifeguarding Prerequisites



Be at least 15 years old

1. 300-yard swim using front crawl & breaststroke
2. 2-minute tread using legs only
3. Timed 20-yard swim, retrieval of a 10-lb weight from 7-10 feet

Free practice prior to class

**Skills Test: Sept. 17th-20th ;
9am-6pm**

**Classes: Sept.21,22,28 &
29th
9 am - 4 pm**

Cost: \$175

No Refunds

Minimum of 6 students required for class

LG Manual Free online or \$35 for a book

Bring:

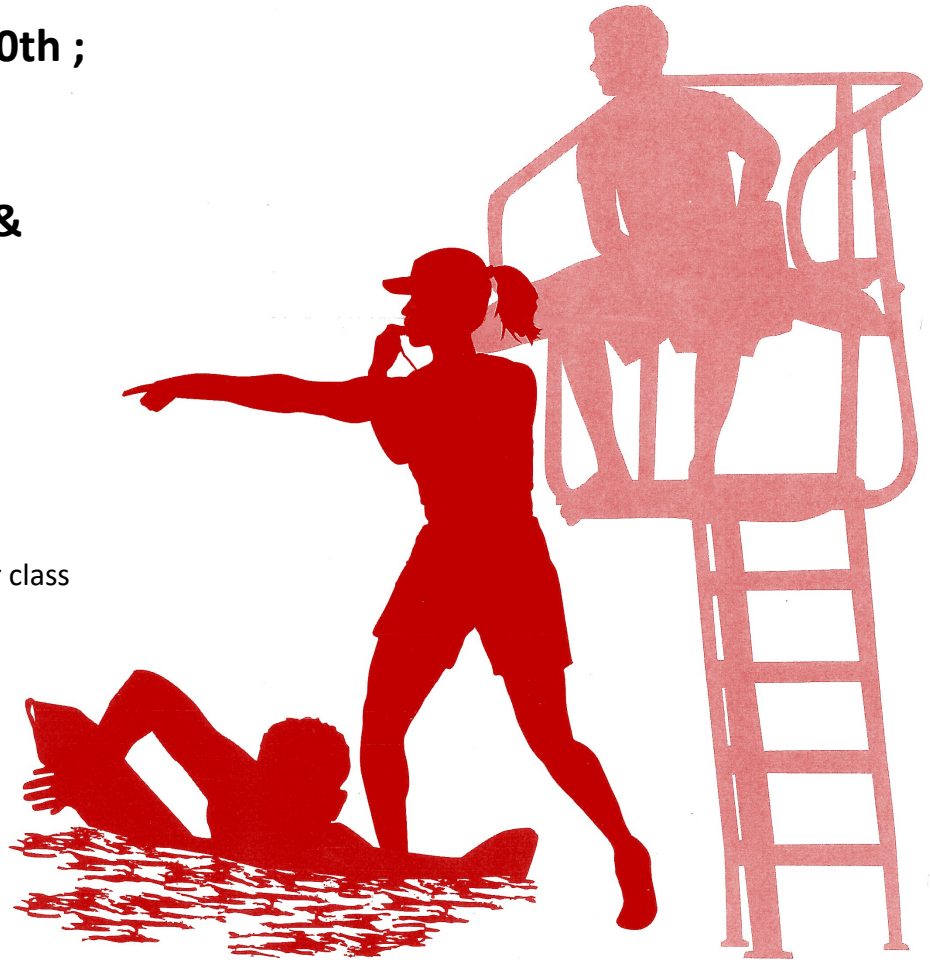
Swimwear

Towel

Goggles (optional)

Change of clothes

Laptop (needed 1st day only)



**2001 Stadium Drive, Rockport, TX 78382
361-727-9989**