

Lifeguard Training Class

Fall II Session

at Hawthorne Pool

Do you want to learn professional life saving skills?

Do you enjoy being of service to others?

Do you like being in the water?

...Then lifeguarding is for you!



**American
Red Cross**

Fall I Session - 10/10/19 & 10/18 - 10/20/19

Fee: \$200 by 9/22/19 | \$225 Late Registration by 10/6/19

Days/Times:

10/10- Precourse Testing, 4:00-5:30 pm;

10/18-4:30 - 6:30 pm; 10/19-8:30 am-12:30 pm, 1:30-6:30 pm;

10/20- 9:00 am-1:00 pm, 2:00-5:00 pm

Minimum of 4 registrants needed for class to take place

Participants will be certified American Red Cross Lifeguards upon successful completion of the course and are eligible to be interviewed by the City of Galesburg Recreation Division.

Preregistration is required.

Course Prerequisites:

- *NEW* e-content must be completed by 10/17 at 11:59 and emailed to recinfo@ci.galesburg.il.us
- Participants must be 15 years of age on or before the final scheduled session.
- Participants will be pre-tested and must demonstrate the ability to swim 550-yards with no stopping or time limit using front crawl or breaststroke with rhythmic breathing & a stabilizing propellant kick.
- Tread water for 2 minutes using only the legs.
- A timed 20-yard swim using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object and return to the surface, swim 20-yards back with both hands on the object to the starting point and exit the water without using steps or ladders in one minute and 40 seconds.
- Swim 5-yards; submerge and retrieve three diving rings placed 5-yards apart in 4-7 feet of water and then swim 5-yards to side of pool.

If you are unable to complete the prerequisites, your fee will be refunded minus a 10% processing fee.



Questions or to schedule a Lifeguard interview,

contact Chelsea Moberg at: 309.345.3683 or recinfo@ci.galesburg.il.us

To register: visit us at the Lakeside Recreation Facility

(1033 S. Lake Storey Road), or online at galesburg.maxgalaxy.net