



SPRING/SUMMER 2015 LIFEGUARDING CLASSES

WOW!! \$50.00 (35 HOUR COURSE)

CLASS DATES & TIMES

(3 PARTICIPANT MIN; 10 PARTICIPANT MAX)

LG CLASS A: MARCH 16-20

LG CLASS B: MAY 18-22

LG CLASS C: MAY 25-29

LG CLASS D: JUNE 1-5

LG CLASS E: JUNE 8-12

LG CLASS F: JUNE 15-19

LG CLASS G: JUNE 22-26

LG CLASS H: JUNE 29 - JULY 3 - CANCELLED

LG CLASS I: JULY 6-10 - CANCELLED

LG CLASS J: JULY 13-17 - CANCELLED

LG CLASS K: JULY 20-24 – AVAILABLE

ALL CLASSES ARE 9– 4PM M-F (PLEASE BRING A BAGGED LUNCH)

DON'T FORGET TO BRING A SUIT, TOWEL, GOGGLES, A NOTEBOOK & A PENCIL!

REQUIREMENTS TO TAKE THE LIFEGUARDING COURSE

- MUST BE 15 YEARS OF AGE ON OR BEFORE THE FIRST DAY OF CLASS

PRE-COURSE (MUST PASS PRE-COURSE IN-ORDER TO TAKE THE LG CLASS)

PRE-COURSE IS COMPLETED ON THE FIRST DAY OF CLASS

- **SWIM** – 300 YARD CONTINUOUS SWIM (6 LAPS, DOWN AND BACK = 1 LAP), USING A COMBINATION OF BOTH FREESTYLE AND BREASTSTROKE.
- **TREADING WATER** - 2 MINUTES WITHOUT STOPPING. ONLY LEGS CAN BE USED.
- **SWIM & RETRIEVE** – SWIM 20 YARDS SURFACE DIVE TO 10FT RETRIEVE A 10 LB BRICK, RETURN TO THE SURFACE AND SWIM 20 YARDS BACK TO START. BOTH HANDS HOLDING THE BRICK AND YOUR FACE MUST BE OUT OF THE WATER, EXIT THE POOL WITHOUT USING THE LADDER/STEPS. MUST BE COMPLETED IN 1 MINUTE 40 SECONDS.

REGISTRATION INFORMATION

- **ONLINE** – [HTTPS://ESERVICES.OROVALLEYAZ.GOV/REGISTRATION/](https://eservices.orovalleyaz.gov/registration/)
- **IN-PERSON** – AT THE AQUATIC CENTER

23 W. CALLE CONCORDIA
ORO VALLEY, ARIZONA 85704
520-297-SWIM (7946)
WWW.OROVALLEYAZ.GOV