

Lifeguard Training

Become Whistle Worthy



Session 1 : Cost \$250

March 26 (Thursday) 9:00am - 6:00pm
March 27 (Friday) 9:00am - 6:00pm
March 28 (Saturday) 9:00am - 6:00pm

Session 2 : Cost \$250

April 17 (Friday) 5:00pm - 10:00pm
April 18 (Saturday) 8:00am - 6:00pm
April 19 (Sunday) 11:00am - 7:00pm

Session 3 : Cost \$250

May 8 (Friday) 5:00pm - 10:00pm
May 9 (Saturday) 8:00am - 6:00pm
May 10 (Sunday) 11:00am - 7:00pm

Session 4 : Cost \$250

May 15 (Friday) 5:00pm - 10:00pm
May 16 (Saturday) 8:00am - 6:00pm
May 17 (Sunday) 11:00am - 7:00pm

All sessions will be Blended Learning with
DIY 7 hrs online in advance.

Price includes all books and materials

Lifeguard Review : Cost \$125

May 16 (Saturday) 8:00am - 6:00pm
May 17 (Sunday) 11:00am - 7:00pm

Must have current lifeguarding and CPR certifications

Sign Up Today!

For more
information
contact Diane
or Lisa



**American
Red Cross**

Certifications in
Lifeguarding / First Aid
CPR / AED



501-982-4171



Learn to Save Lives

Want A Summer Job?

Get Certified Now

Special Discount

Only pay \$125 for Sessions 1-4 if
you sign an obligation form to
lifeguard for the City of Jacksonville
for summer 2020

Must be 16 years of age

Registration Form 2020

Pretest _____ Date _____ Initial _____

Name _____

Address _____

Phone Number _____

Age _____ DOB _____

Email _____

Circle One

Lifeguard Review	\$125
Lifeguard Session 1	\$250
Lifeguard Session 2	\$250
Lifeguard Session 3	\$250
Lifeguard Session 4	\$250

Return with full payment

If mailing, send to:

Jacksonville Parks and Recreation
Aquatics Department
P.O. Box 793
Jacksonville, AR 72078

If in-person:

Jacksonville Community Center
#5 Municipal Drive
Jacksonville, AR 72078

Checks made to: City of Jacksonville

Pre-test

WHO

- **Must be 15 years old.**
- **Must pass the pre-test to be accepted for the course.**

No refunds later than 1 week prior to the start of class.

Lifeguard Review Course

To participate:

1. Must bring current lifeguard and CPR cards
2. Pass a written test with 80% in each section
3. Perform the following skills:
 - Swim 20 yards, retrieve a 10 lb. object & return
 - 300 yard swim
 - Multiple Victim Rescue
 - Passive Victim Rescue
 - Active Victim Rescue
 - Conscious & Unconscious Choking
 - Adult CPR, Child CPR, & Infant CPR
 - Two-Rescuer CPR for adult
 - Bag-Valve Mask Resuscitator
 - Control External Bleeding
 - Apply Sling & Binder
 - Head, Neck, & Back mobilization on land & in water
 - Primary Survey
 - Remove Gloves
 - Rescue Breathing

Tuesdays & Thursdays @ 7:00PM

Pre-requisites:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast-stroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits or above the water.
3. Complete a time event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

BRING YOUR OWN POCKET MASK & BOOK

For more information,
Call Diane Or Lisa
501-982-4171