

AMERICAN RED CROSS LIFEGUARD TRAINING

June 4 through June 7, 2018

12:30 p.m.-4:30 p.m. @ the Hibbing High School New Pool

AND

8:00 a.m.-noon @ the Hibbing Memorial Building Canteen

FEE: \$200

Manual and Pocket Face Mask included in the fee.

Participants must be at least 15 years old. The Lifeguard training involves pool and classroom work. Purchase or download book and read as much of the book as possible before the class starts. You will have to pass a pretest (which can be arranged as soon as possible). The pretest skills are: 550 yards, continuous swimming with rhythmic breathing and demonstrating breath control. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. In addition, you must swim 5 yards, submerge and retrieve three (3) dive rings placed 5 yards apart in 4-7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence. You must tread water for 2 minutes using only the legs, with your hands under the armpits. Candidates must complete a timed 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 7-10' to retrieve a 10# 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 you are able to get a breath. A 2 year certification is earned upon successful completion of skills tests on all the components—CPR for the Professional Rescuer, AED, first aid, waterfront, etc. Bring a lunch, suit, towel, notebook, pencil.

CALL ANGELA TO REGISTER: 362-5940

CITY SERVICES

Parks & Recreation Memorial Arena