

2018 FORT HOOD LIFEGUARD / WATERFRONT CERTIFICATION CLASSES



Located at Abrams Indoor Pool (corner of 62nd St. & Support)

Fee: Lifeguard Class \$150 / Waterfront Lifeguard Class \$175

Cash or check—To register for classes, call (254) 287-4648

- Feb 23-28, 2018 – Fri - 7-9pm, Sat & Sun 8-5pm, Mon-Wed 5-9pm
- Spring Break Mar 12-16, 2018 – 8-5pm
- Mar 23-28, 2018 – Fri - 7-9pm, Sat & Sun 8-5pm, Mon-Wed 5-9pm
- Apr 6-11, 2018 – Fri - 7-9pm, Sat & Sun 8-5pm, Mon-Wed 5-9pm
- Apr 20-25, 2018 – Fri - 7-9pm, Sat & Sun 8-5pm, Mon-Wed 5-9pm
- May 4-9, 2018 – Fri - 7-9pm, Sat & Sun 8-5pm, Mon-Wed 5-9pm
- Jun 4-8, 2018 – 8-5pm
- Jun 11-15, 2018 – 8-5pm

**Swimming Pools
require Lifeguard
certification**

**BLORA Beach
requires Lifeguard
and Waterfront
Certification**



Lifeguard / Waterfront Class Prerequisites:

Will be conducted on first day of class. Participants must pass these skills in order to continue in the class.

- Swim continuously, using front crawl and breast stroke (must demonstrate rhythmic breathing-face in the water).
Lifeguard class: 300 meter swim / **Waterfront class:** 550 meter swim
- 2 min tread using just your legs. Hands under your armpits.
- Timed Brick. Within 1 minute 40 seconds, swim 20 yards using front crawl or breast stroke, surface dive to 10-12 feet, retrieve a 10 pound brick, return to surface and swim back to start.
- **Waterfront class only:** Swim 5 meters, submerge and retrieve 3 rings placed 5 meters apart, resurface and continue to swim 5 meters to complete.

Note: It is strongly recommended that candidates practice the prerequisites before attending the course.