

FORT HOOD 2019

Age
Requirements
for Job
Opportunities:

15+ years
for Swimming
Pools on
Fort Hood
254-287-4648

WANTED

LIFEGUARDS

Apply online:

Fort Hood
Certified Lifeguards
[at www.usajobs.gov](http://www.usajobs.gov)



17+ years
for Waterfront,
BLORA
254-287-4907

18+ years
for CYS SKIES
Program
254-287-4592



Swimming Pools: Lifeguard Certification
BLORA: Lifeguard & Waterfront Certification

Not Certified? Get Certified!

MWR Aquatics is offering Lifeguard/Waterfront certification courses at Abrams Indoor Pool.

For more information call **254-287-4648**.

Visit ***www.Hood.ArmyMWR.com*** for scheduled courses.

2019 FORT HOOD LIFEGUARD/WATERFRONT CERTIFICATION CLASSES



Location: Abrams Indoor Pool, 23001 62nd & Support
Fee: \$150 Lifeguard Class / \$175 Waterfront Lifeguard
Cash or Check
Registration: 254-287-4648 or Abrams Pool

Schedule

- Feb 22-27, Fri 7-9pm, Sat & Sun 8-4:30pm, Mon-Wed 5-9pm
 - Mar 11-15, Mon-Fri 8-4:30pm **Spring Break**
 - Mar 29-Apr 3, Fri 7-9pm, Sat & Sun 8-4:30pm, Mon-Wed 5-9pm
 - Apr 12-17, Fri 7-9pm, Sat & Sun 8-4:30pm, Mon-Wed 5-9pm
 - Apr 26-May 1, Fri 7-9pm, Sat & Sun 8-4:30pm, Mon-Wed 5-9pm
 - May 10-15, Fri 7-9pm, Sat & Sun 8-4:30pm, Mon-Wed 5-9pm
 - Jun 3-7, Mon-Fri 8-4:30pm
 - Jun 10-14, Mon-Fri 8-4:30pm
- (Minimum of 4 students per class)

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



Class Prerequisites:

1. **Swim** continuously, using front crawl and/or breast stroke. Must demonstrate rhythmic breathing (face in the water). Goggles permitted.

Lifeguard: 300 yard swim

Waterfront Lifeguard: 550 yard swim

2. **Tread** water 2 minutes, legs only.
3. **Timed Brick**, 1 minute 40 seconds, no goggles, swim 20 yards, surface dive 7-10 feet, retrieve a 10 pound brick, return to surface, swim on your back to starting point, both hands on brick, and exit the water without using a ladder or steps.

Waterfront Class Only

4. Swim 5 yards, submerge **under water** and retrieve **3 dive rings** placed 5 yards apart, return to the surface, and swim 5 more yards. No goggles.