

Lifeguard Certification Course



Lifeguard Training At Covington Aquatic Center

2012

Am I Ready To Take This Course?

This course is strictly limited to those individuals that are at least 15 years of age by the end of the course and are able to successfully demonstrate the prerequisite swimming skills evaluation. The prerequisite swimming skills evaluation is completed on the first day and includes the following skills:

- **300-Yard Swim:** Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- **Tread Water:** Tread water for 2 minutes using only the legs. Candidates must place their hands under the armpits and keep their head above water.
- **Timed Event:** Starting in the water, swim 20-yards using front crawl or breaststroke, surface dive 12 feet, retrieve a 10-pound dive brick, return to the surface, swim 20-yards on the back to return to the starting point with both hands holding the brick and exit the water without using a ladder or steps. Must be completed within 1 minute, 40 seconds. Swim goggles are not allowed. Candidates should not swim the return distance underwater.

The skills evaluation is designed to determine whether individuals have the overall strength, endurance and comfort in the water that is necessary to successfully participate in the class.



What An Experience!

Here's your chance to build your résumé and show the world what you can do -

- Prepare for college and a career by developing leadership and communication skills
 - Be a hero by learning lifesaving skills such as first aid and CPR
 - Have fun and earn money at a job you love
- Take this fun and exciting course to get certified in Lifeguard Training, First Aid and CPR/AED.

Limited Space—Register Today!

Registration available

- online at www.covingtonwa.gov/cac
- via phone, 253-480-2480
- in person at the Covington Aquatic Center (18230 SE 240th St)

Class #, Days & Times

#1403.4001 Thursday 12/20 - Saturday 12/29

Thursdays, 7am-2pm

Fridays, 7am-2pm

Saturdays, 7am-2pm

(Exception: No class on 12/22)

Cost

General Fee: \$240.00

Covington Discounted Fee: \$200.00

Materials

All course materials are included in the cost of this course. Materials will be distributed on the first day of class.



Covington Aquatic Center

Visit us online at www.covingtonwa.gov/cac

18230 SE 240th St, Covington WA 98042 • 253-480-2480

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