

# Lifeguard Training Class Schedule

LESSON	WHERE	WHEN	WHAT
PRE-COURSE	CONFERENCE ROOM & POOL	THURSDAY, MARCH 25 5:00PM - 8:00PM	Pre-requisite swim test: <ul style="list-style-type: none"> <li>• swim 300 yards continuously, either freestyle or breaststroke</li> <li>• retrieve a 10-pound object from depth of 8 feet and tow it back (on your back) 20 yards in 1 minute and 40 seconds</li> <li>• complete a 2-minute timed tread test</li> </ul>
LESSONS 1 - 4	CONFERENCE ROOM & POOL	FRIDAY, MARCH 26 5:00pm - 9:00pm	Ch. 1 - The Professional Lifeguard Ch. 2 - Facility Safety Ch. 3 - Surveillance and Recognition Ch. 4 - Injury Prevention
LESSONS 5 - 8	CONFERENCE ROOM & POOL	SATURDAY, MARCH 27 9:00am - 6:00pm (BREAK FOR LUNCH)	Ch. 5 - Emergency Action Plans Ch. 6 - Water Rescue Skills Ch. 7 - Before Providing Care and Victim Assessment Ch. 8 - Breathing Emergencies Ch. 9 - Cardiac Emergencies  In Water Skills: Entries, Approaches, Rescue Skills
LESSONS 9 - 10	CONFERENCE ROOM & POOL	SUNDAY, MARCH 28 9:00am - 6:00pm (BREAK FOR LUNCH)	Ch. 10 - First Aid Ch. 11 - Caring for Head, Neck and Spinal Injuries  In Water Skills: Shallow & Deep Water Spinal  REVIEW FOR TEST
FINAL EXAM	CONFERENCE ROOM & POOL	MONDAY, MARCH 29 5:00pm - ?	Final Exams: Written tests (80% score on each test) Practical tests - Water and CPR (100% score)