

Lifeguard Training Class Schedule

| LESSON | WHERE | WHEN | WHAT |
|----------------|------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PRE-COURSE | CONFERENCE ROOM & POOL | THURSDAY, DECEMBER 17 5:00pm - 7:00pm | Pre-requisite swim test: swim 300 yards continuously 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 complete a 2-minute timed tread test |
| LESSONS 1 - 4 | CONFERENCE ROOM & POOL | FRIDAY, DECEMBER 18 5:00pm - 8:00pm | Ch. 1 - The Professional Lifeguard Ch. 2 - Facility Safety Ch. 3 - Surveillance and Recognition Ch. 4 - Injury Prevention Ch. 5 - Emergency Action Plans |
| LESSONS 5 - 8 | CONFERENCE ROOM & POOL | SATURDAY, DECEMBER 19 9:00am - 6:00pm (BREAK FOR LUNCH) | 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, DECEMBER 20 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, DECEMBER 21 5:00pm - ? | Final Exams: Written tests (80% score on each test) Practical tests - Water and CPR (100% score) |