



# Lifeguard Certification Schedule

## 2017-2018 Season



[austintexas.gov/department/pools-and-swimming](http://austintexas.gov/department/pools-and-swimming)

**Please note that the first day of every class will meet at the designated swimming pool.** Students will be required to pass the prerequisite skills tests (listed below) upon arriving for the first day of class. Students are also required to attend all listed class dates for successful course completion. Students must print out and bring the Lifeguard manual to class.

There is a \$5.00 transfer fee and \$10.00 cancellation fee for all classes. If you have any additional questions regarding the lifeguard training course, please contact the Aquatic Office at 512-974-9330.

Course Prerequisites require the successful completion of the following skills before being allowed to participate in this training:

- ♦ Swim 300 yards continuously, using these strokes in the following order:
  1. 100 yards front crawl with rhythmic breathing and a stabilizing, propellant kick
  2. 100 yards breaststroke using a pull, breath, kick, glide sequence
  3. 100 yards of either front crawl or breaststroke
- ♦ Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive of 7 – 10 feet, retrieve a 10- pound object, return to the surface, swim 20 yards on your back to return the starting point with the object and exit the water without using a ladder or steps, within 1 minute and 40 seconds.
- ♦ Tread water for two minutes using only your legs.

### Full Lifeguard Certification Schedule

Course	Dates	Time	Pool
F1	Oct. 21-23 & Nov. 3-5	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy
F2	Nov. 17-21	Fri. 6pm-10pm, Sat-Tues 8am-6pm	Stacy
F3	Dec. 1-3 & Dec. 8-10	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy
F4	Dec. 26-30	Tues-Sat 8am-6pm	Stacy
F5	Jan. 19-21 & Jan 26-28	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy
F6	Feb. 16-18 & Feb 23-25	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy
F7	Mar. 9-14	Fri. 6pm-10pm, Sat.- Tues. 8am-6pm, Wed. 8am-12pm	Stacy
F8	Mar.12-16	Mon.-Fri. 8am-6pm	Bartholomew
F9	Mar. 14-18	Wed.-Sun. 8am-6pm	Stacy
F10	Mar. 23-25 & 30-Apr. 1	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy
F11	Apr. 7-14	Sat. -Sun 8am-6pm, Mon.-Fri. 6pm-10pm, Sat. 8am-6pm	Bartholomew
F12	Apr. 20-22 & Apr. 27-29	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Bartholomew
F13	May 4-6 & May 11-13	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Walnut Creek
F14	May 4-6 & May 11-13	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Garrison
F15	May 18-20 & May 25-27	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Walnut Creek
F16	May 18-20 & May 25-27	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Garrison
F17	May 28-Jun. 4	Memorial day 8am-6pm, Tuesday-Friday 6pm-10pm, Sat. -Sun. 8am-6pm, Mon. 6pm-10pm	Walnut Creek
F18	May 28-Jun. 4	Memorial day 8am-6pm, Tuesday-Friday 6pm-10pm, Sat. -Sun. 8am-6pm, Mon. 6pm-10pm	Garrison
F19	Jun. 4-8	Mon.- Fri. 8am-6pm	Garrison
F20	Jun. 4-8	Mon.- Fri. 8am-6pm	Northwest
F21	Jun. 9-13	Sat. - Wed. 8am-6pm	Northwest
F22	Jun. 16-20	Sat. - Wed. 8am-6pm	Northwest
F23	Jun. 23-27	Sat. - Wed. 8am-6pm	Northwest
F24	Jun. 30-July 5	Sat. - Wed. 8am-6pm	Northwest
F25	July 14-25	Sat. - Wed. 8am-6pm	Northwest
F26	Aug. 4- 8	Sat. - Wed. 8am-6pm	Northwest
F27	Sep. 7-9 & Sep. 14-16	Fri. 6pm-10pm, Sat-Sun 8am-6pm	Stacy



**Persons with Disabilities:** The City of Austin is proud to comply with the Americans with Disability Act. If you require assistance for participation in our programs or use of our facilities, please call

512-974-9330.