



Lifeguard Certification Schedule

2014-2015 Season



austintexas.gov/departments/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. Manuals can be printed from <http://editiondigital.net/publication/?i=95090>. 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 .

Code	Class Dates	Times	Location	Fees
F12	May 8th—10th & May 15th—17th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Martin Pool & Aquatic Office	\$40
F13	May 8th—10th & May 15th—17th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Bartholomew Pool & Aquatic Office	\$40
F14	May 22th—24th & May 29th—31th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Bartholomew Pool & Aquatic Office	\$40
F15	May 22th—24th & May 29th—31th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Garrison Pool & Aquatic Office	\$40
F16	May 30th—June 6th	Saturdays & Sunday 8am – 6pm, Monday—Friday 6pm—10 pm	Walnut Creek Pool & Aquatic Office	\$40
F17	May 30th—June 6th	Saturdays & Sunday 8am – 6pm, Monday—Friday 6pm—10 pm	Garrison Pool & Aquatic Office	\$40
F18	June 8th—12th	Mon.—Fri., 8am –6pm	Walnut Creek Pool & Aquatic Office	\$40
F19	June 8th—12th.	Mon.—Fri., 8am –6pm	Garrison Pool & Aquatic Office	\$40
F20	June 15th—19th	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40
F21	June 22th—26th	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40
F22	June 29th—July 3rd	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40
F23	July 6th—10th	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40
F24	July 20th—24th	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40
F25	August 3rd—7th	Mon.—Fri., 8am –6pm	Murchison & Aquatic Office	\$40



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.