



Lifeguard Certification Schedule

2015-2016 Season



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. 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
F1	October 30th—November 1st & November 6th—8th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F2	December 4th—6th & December 11th—13th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F3	December 28th-30th & January 2nd—3rd	Monday—Wednesday & Saturday Sunday, 8am –6pm	Stacy Pool & Aquatic Office	\$20
F4	January 22nd—24th & January 29th—31st	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F5	February 19th—21st & 26th—28th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F6	March 12th—16th	Saturday—Wednesday 8am—6pm	Stacy Pool & Aquatic Office	\$20
F7	March 14th— 18th	Monday—Friday 8am—6pm	Bartholomew Pool & Aquatic Office	\$20
F8	March 16th—20th	Wednesday—Sunday 8am—6pm	Stacy Pool & Aquatic Office	\$20
F9	March 25th—27th & April 1st—3rd	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Martin Pool & Aquatic Office	\$40
F10	April 9th—16th	Saturdays and Sunday 8am-6pm, Monday-Friday 6pm-10pm	Bartholomew Pool & Aquatic Office	\$40
F11	April 22nd—24th & April 29th—May1st	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Bartholomew Pool & Aquatic Office	\$40
F12/ F13	May 6th—8th & May 13th—15th	Fridays 6pm—10 pm, Saturdays & Sundays 8am – 6pm	Walnut Creek & Aquatic Office/ Garrison Pool & Aquatic Office	\$40
F14	May 20th—22nd, May 26th & May 2th—29th	Friday 6pm—10pm, Saturdays & Sundays 8am – 6pm, Thursday 6pm—10pm	Garrison Pool & Aquatic Office	\$40
F15	May 20th—22nd, May 27th & May 28th—29th	Fridays 6pm—10pm, Saturdays & Sundays 8am – 6pm	Garrison Pool & 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.