



# LIFEGUARD TRAINING SCHEDULE

## 2011 - 2012 SEASON



[www.cityofaustin.org/parks](http://www.cityofaustin.org/parks)

Course Prerequisites include successful completion of the following skills:

- ◆ 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, surface dive 7 – 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to return to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- ◆ Tread water for two minutes using your legs only.

Please note that the first day of all classes will meet at their designated pool. Students are required to perform the course prerequisite skills tests (listed above) upon arriving for the first day of class. Students must also be able to attend all dates listed per course to fulfill the completion requirements. Be sure to print out and bring the Lifeguard manual with you 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 974-9332.

Course Code	Class Dates	Times	Location	City Employee Fees	
F1	Feb 18, 19, 20, 21, 22, 23, 24, 25	Feb 18 – 19 Feb 20 – 24 Feb 25	8am – 6pm 6pm – 10pm 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F2	Mar 9, 10, 11, 12, 13, 14	Mar 9 Mar 10 - 14	6pm – 10pm 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F3	Mar 14, 15, 16, 17, 18	Mar 14 - 18	8am – 6pm	Stacy Pool & Aquatic Office	\$20
F4	Mar 24, 25, 26, 27, 28, 29, 30, 31	Mar 24 – 25 Mar 26 – 30 Mar 31	8am – 6pm 6pm – 10pm 8am – 6pm	Stacy Pool & Aquatic Office	\$20
F5	Apr 14, 15, 16, 17, 18, 19, 20, 21	Apr 14 – 15 Apr 16 – 20 Apr 21	8am – 6pm 6pm – 10pm 8am – 6pm	Stacy Pool & Aquatic Office	\$45
F6	Apr 28, 29, 30, May 1, 2, 3, 4, 5	Apr 28 - 29 Apr 30 – May 4 May 5	8am – 6pm 6pm – 10pm 8am – 6pm	Northwest Pool & Aquatic Office	\$45
F7	May 5, 6, 7, 8, 9, 10, 11, 12	May 5 – 6 May 7 – 11 May 12	8am – 6pm 6pm – 10pm 8am – 6pm	Northwest Pool & Aquatic Office	\$45
F8	May 12, 13, 14, 15, 16, 17, 18, 19	May 12 – 13 May 14 – 28 May 19	8am – 6pm 6pm – 10pm 8am – 4pm	Dick Nichols Pool & Aquatic Office	\$55
F9	May 14, 15, 16, 17, 18	May 14 – 18	8am – 6pm	Martin Pool & Aquatic Office	\$55
F10	May 21, 22, 23, 24, 25	May 21 – 25	8am – 6pm	Dick Nichols Pool & Aquatic Office	\$55
F11	June 4, 5, 6, 7, 8	June 4 – 8	8am – 6pm	Martin Pool & Aquatic Office	\$55



**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 974-9331.