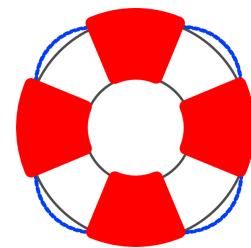




2025 May Park City Aquatic Center

American Red Cross Lifeguard Course!



If you are 15 or older and looking for a great job, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion and hands-on practice, you will learn patron surveillance and rescue skills, first and CPR/AED.

To get started, come to one of the pre-screens being offered,

**Tuesday, April 15th @ 7:30pm, Thursday, April 17th @ 7:30 pm, Friday, April 18th @ 1pm,
Friday, May 2nd @ 1pm**

Prerequisites:

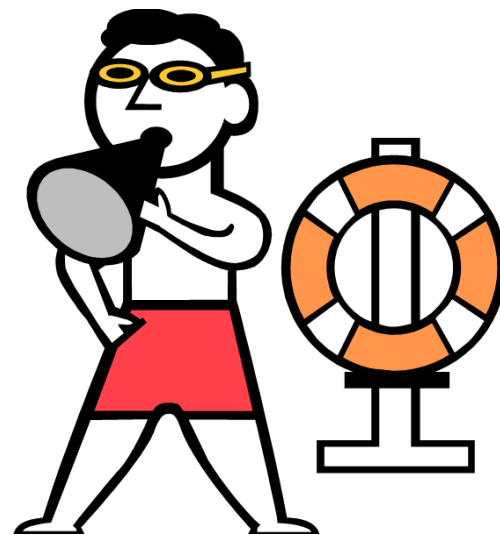
A pre-screen will be conducted. To continue with the course, all individuals must pass the pre-screen. Must be 15 years old by the last class date and pass certain swim requirements. Photo ID or Birth certificate required.

■ **Prerequisite 1:** Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you must use only your legs.

■ **Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-first) to a depth of 10+ feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

Class schedule is as follows:

Fri, May 2	Prescreen @ 1:00 PM
Sat, May 3	10:00 AM-4:00 PM
Tues, May 6	4:00 PM-8:30 PM
Thurs, May 8	4:00 PM - 8:30 PM
Fri, May 9	1:00 PM-7:30 PM
Sat, May 10	10:00 AM-12:00 PM



In-person course length: 21 hours; must have 100% attendance. Online course length: approx 6-7 hours

Participants must attend all classes to pass the course. Please be prepared for every class, bring your swimsuit & towel, and be prepared to get in the water every class.

Cost for the course is \$200. Payment is due the night of prescreen. Please also provide photo ID or birth certificate for proof of age. Registration is now being taken.

Individuals will receive CPR/AED, First Aid and Lifeguarding certification upon successful completion of the class.

To register for the prescreen please sign up at www.pcswimschool.com