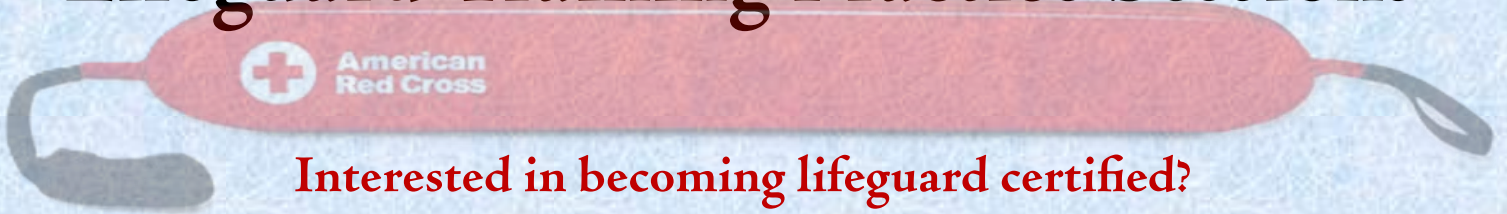


Lifeguard Training Practice Sessions



Interested in becoming lifeguard certified?

Want to try it before registering or practice before your class begins?

Come to a practice session and let our Instructors give you some tips to help you prepare for your journey to becoming a certified lifeguard.

Practice Sessions are offered on the following **Fridays**:

- **March 6, 20, 27**
- **April 10, 24**
- **May 1, 8, 15, 29**
- **June 5**

Practice Sessions are offered at

Paetow High School Natatorium

23111 Stockdick School Rd. Katy TX 77493

Between the Hours of:

5:30 pm - 7:30 pm

Participants can come anytime between these hours , however, encouraged to arrive before 7 p.m.

The practice session will include all components of the American Red Cross Lifeguard Training
Prerequisite Swim Test

Swim-Tread-Swim Sequence (Prerequisite Swim Test 1)

- Swim 150 yards using the front crawl, breaststroke, or a combination of both. Goggles are allowed to be worn during this portion of the swim test. Swimming on the back or side is not permitted during this swim test.
- Maintain your position on the surface of the water for 2 minutes by treading water using only your legs.
- Swim 50 yards using the front crawl, breaststroke, or a combination of both

Swim-Rescue-Swim Sequence -Timed Event (Prerequisite Swim Test 2)

This test must be completed within 1 minute and 40 seconds.

- Starting in the water, swim 20 yards. Your face may be in or out of the water. Goggles are not allowed to be worn during this portion of the swim test.
- Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards back to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface of the water.
- Exit the water without using a ladder or steps.

