

# Lifeguard Training

## Become Whistle Worthy

### Session 1 : Cost \$250

March 21 (Thursday) 9:00am - 6:00pm  
March 22 (Friday) 9:00am - 6:00pm  
March 23 (Saturday) 9:00am - 6:00pm  
March 24 (Sunday) 11:00am - 7:00pm

### Session 2 : Cost \$250

April 12 (Friday) 5:00am - 10:00pm  
April 13 (Saturday) 8:00am - 6:00pm  
April 14 (Sunday) 11:00am - 7:00pm  
**Blended Learning - DIY 7 hrs online**

### Session 3 : Cost \$250

May 29 (Wednesday) 8:00am - 5:00pm  
May 30 (Thursday) 8:00am - 5:00pm  
May 31 (Friday) 8:00am - 5:00pm  
June 1 (Saturday) 8:00am - 5:00pm

Price includes all books and materials



### Lifeguard Review : Cost \$125

May 17 (Friday) 5:00pm - 9:00pm  
May 18 (Saturday) 8:00am - 6:00pm

Must have current lifeguarding and CPR certifications

Sign Up Today!

For more  
information  
contact Diane  
or Lisa



**American  
Red Cross**

Certifications in  
Lifeguarding / First Aid  
CPR / AED



501-982-4171



Learn to Save Lives

## Want A Summer Job?

Get Certified Now  
Special Discount

Only pay \$125 for Sessions 1, 2 or 3  
if you sign an obligation form to  
lifeguard for the City of Jacksonville  
for summer 2019

\*Must be 16 years of age\*

# Registration Form 2019

Pretest \_\_\_\_\_ Date \_\_\_\_\_ Initial \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_

Email \_\_\_\_\_

## Circle One

Lifeguard Review	\$125
Lifeguard Session 1	\$250
Lifeguard Session 2	\$250
Lifeguard Session 3	\$250

### Return with full payment

If mailing, send to:

Jacksonville Parks and  
Recreation  
Aquatics Department  
P.O. Box 793  
Jacksonville, AR 72078

If in-person:

Jacksonville Community  
Center  
#5 Municipal Drive  
Jacksonville, AR 72078

Checks made to: City of Jacksonville

## Pre-test

### WHO

- **Must be 15 years old.**
- **Must pass the pre-test to be accepted for the course.**

**No refunds later than 1 week prior to the start of class.**

## Lifeguard Review Course

To participate:

1. Must bring current lifeguard and CPR cards
2. Pass a written test with 80% in each section
3. Perform the following skills:
  - Swim 20 yards, retrieve a 10 lb. object & return
  - 300 yard swim
  - Multiple Victim Rescue
  - Passive Victim Rescue
  - Active Victim Rescue
  - Conscious & Unconscious Choking
  - Adult CPR, Child CPR, & Infant CPR
  - Two-Rescuer CPR for adult
  - Bag-Valve Mask Resuscitator
  - Control External Bleeding
  - Apply Sling & Binder
  - Head, Neck, & Back mobilization on land & in water
  - Primary Survey
  - Remove Gloves
  - Rescue Breathing

**Tuesdays  
&  
Thursdays  
@ 7:00PM**

### Pre-requisites:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast-stroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits or above the water.
3. Complete a time event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

**BRING YOUR OWN  
POCKET MASK &  
BOOK**

**For more  
information,  
Call Diane  
Or Lisa  
501-982-4171**