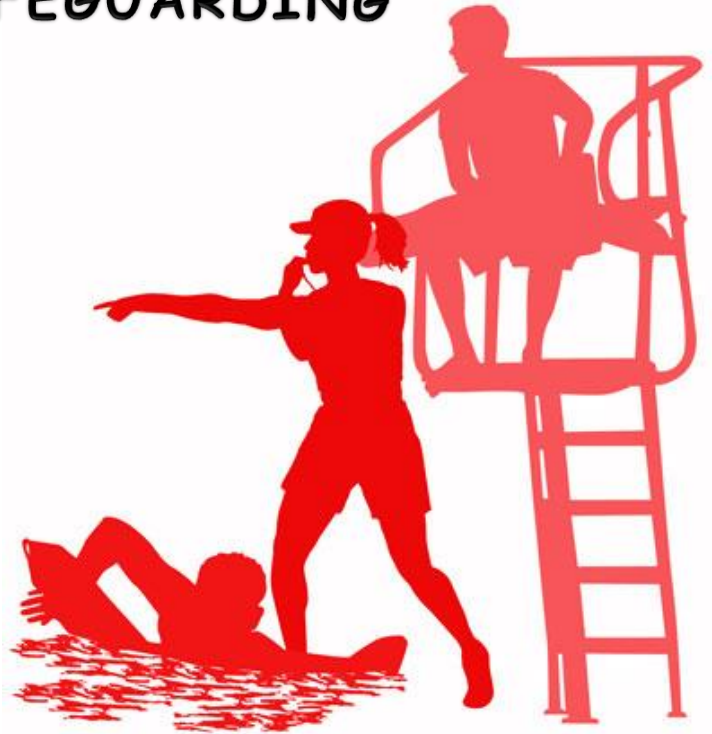


LEARN TO SWIM

FOR LIFEGUARDING



We are offering a swim program designed to prepare you to become a Lifeguard with the City of Jacksonville. This program will teach you to swim properly in order to pass the Red Cross Certification.

The program will consist of eight classes for only \$25.00.

It's a Tues/Thurs class beginning January 3, 2023 at 7:00 p.m.

Please call Lisa at 501-982-4171 OR come in to the Community Center to register.



American Red Cross

Certifications in
Lifeguarding / First Aid
CPR / AED



Learn to Save Lives

Want A Summer Job?

Get Certified Now
Special Discount

Only pay \$150 if you sign an obligation form to lifeguard for the City of Jacksonville for summer 2023

Must be 16 years of age

Registration Form 2023

Name _____

Address _____

Phone Number _____

Age _____ DOB _____

Email _____

Circle One

Session 1 (1/3-1/26) \$25

Session 2 (1/31-2/23) \$25

Session 3 (2/28-3/16) \$25

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

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

Pre-test

WHO

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

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.