

LIFEGUARD COURSE REQUIREMENTS

All lifeguard candidates must be 15 years of age by the conclusion of the course. To receive entry into the course candidates must pass the following requirements:

- Swim 550 yards -Waterfront (200 yds Front Crawl, 200 yds Breaststroke and 150 yds Combined Crawl & Breast) (300 yards for pool guard)
- Swim 20 yds and retrieve a 10 pound item for 7-10 feet of water, return the object to the starting point while on your back with both hands on the brick. Time limit 1:40 sec.
- Swim 5 yds and submerge, then retrieve 3 objects 5 yds apart (*you may not surface until all objects are recovered*).

The course is approximately 40 hours long and done in 8-9 class sessions,

Beacon City School District Residents (\$250.00)

Non Residents (\$250.00)