



Certification Classes

BLENDING LEARNING LIFEGUARD TRAINING

\$200 2/yr. American Red Cross

\$75 1/yr. site specific American Red Cross certification (City of Dallas Employee Only)

This course provides participants with the knowledge and skills needed to recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Minimum age: 15

SP - Sprague Pool 3720 Boulder Dr.

LO - Loos Pool 3815 Spring Valley Rd.

PG - Pleasant Grove 8204 Alto Garden Dr.

LIFEGUARD PREREQUISITES:

Swim 300 yards continuously;
Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive 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, exit the water without using steps or a ladder.

Course #	Class Sessions		
264442 SP01	4/9 4:00pm - 8:00pm	4/10 8:00am - 7:00pm	4/11 8:00am - 7:00pm
264442 LO05	4/9 4:00pm - 8:00pm	4/10 8:00am - 7:00pm	4/11 8:00am - 7:00pm
264442 SP02	4/16 4:00pm - 8:00pm	4/17 8:00am - 7:00pm	4/18 8:00am - 7:00pm
264442 LO06	4/16 4:00pm - 8:00pm	4/17 8:00am - 7:00pm	4/18 8:00am - 7:00pm
264442 SP03	4/30 4:00pm - 8:00pm	5/1 8:00am - 7:00pm	5/2 8:00am - 7:00pm
264442 PG01	4/30 4:00pm - 8:00pm	5/1 8:00am - 7:00pm	5/2 8:00am - 7:00pm
264442 SP04	5/14 4:00pm - 8:00pm	5/15 8:00am - 7:00pm	5/16 8:00am - 7:00pm
264442 PG02	5/14 4:00pm - 8:00pm	5/15 8:00am - 7:00pm	5/16 8:00am - 7:00pm