



American Red Cross

# COBB COUNTY AQUATICS LIFE GUARDING CLASSES 2016

**Lifeguarding (\$100.00)** *A fee of \$65.00 is due when you register for the class –payable to P.A.R.K.S.*

*An additional \$35.00 fee must be paid directly to the American Red Cross. Details will be given on how to pay this portion of the fee at the first class meeting.*

*This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified for two (2) years in the following:*

***Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO)***

*The following list contains the Lifeguarding courses offered at Cobb County Aquatic Centers .*

<b>CAC:</b>	Session I	March 7 — 24	Mon/Wed/Fri	6 pm to 10 pm
	Session II	April 11 — April 29	Mon/Wed/Fri	6 pm to 10 pm
	Session III	May 2 — May 20	Mon/Wed/Fri	6 pm to 10 pm
<b>MVAC</b>	Session I	February 15—March 4	Mon/Wed/Fri	6 pm to 9 pm— <b><u>6477</u></b>
	Session II	March 8-March 31	Tues/Thurs	6 pm to 10 pm— <b><u>6550</u></b>
	Session III	April 12-May 5	Tues/Thurs	6 pm to 10 pm— <b><u>6551</u></b>
<b>SCAC:</b>	Session I	February 29—March 11	Mon through Thurs	5 pm to 9 pm
<b>WCAC:</b>	Session I	March 14—March 31	Mon through Thurs	6 pm to 9 pm
	Session II	April 11-April 28	Mon through Thurs	6 pm to 9 pm
	Session III	May 9—May 26	Mon through Thurs	6 pm to 9 pm

**SPECIAL SPRING BREAK CLASS at SCAC**—April 4 through April 8 - 8:00 am—3:00 pm

*(This particular session requires the students to be able to move through the water skills quickly so students that will need more time to master the skills required should enroll in a longer course)*

**SPECIAL WEEKEND CLASS at MVAC**-April 15 through May 7-Fridays 6-9pm & Saturdays 10-4 pm \*

\* There will be no class on Saturday 4/23 due to a swim meet.—**6552**

## **Lifeguarding Prerequisites**

*To be eligible for the Lifeguarding course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:*

> *Swim 300 yards continuously using the following strokes*

***Front crawl w/rhythmic breathing and breaststroke***

> *Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder. (time limit: 1 minute, 40 seconds)*

> *Tread water for 2 minutes using only your legs—hands must be kept under armpits*

### **There is no online registration for these courses**

*For Registration Please call the facility where the class you are interested in is being held*

*Central Aquatic Center — (770) 528-8465*

*Mountain View Aquatic Center—(770) 509-4925*

*South Cobb Aquatic Center—(770) 739-3180*

*West Cobb Aquatic Center—(770) 222-6700*

***(Review classes are only available for those students that are currently Lifeguard certified and are about to expire. Additional classes can be added if these dates do not fit your schedule. For more information please call Steve Hendrix at (770)-528-8470)***

