HEGUARD COURSE

Blended Learning with Waterfront Skills and Bloodborne Pathogens Modules

Feb. 27 & 28

Thurs. & Fri. 4-8pm

March 1 & 2

Sat. & Sun. 10:30am-6pm

March 6

Thurs. 4-8pm





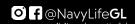




- \$250 for Active Duty•Reserves•Retired
- \$275 for DOD Civilian
- Due to Bldg. 440 Facility
- Registration (Information on Back) (Minimum 4 Maximum 10)
- Must be at least 16 years old
- Able to Pass Prerequisite Swimming Skills Evaluation (Information on Back)
- Eligible MWR Aquatics Staff will get paid for completing class

SIGN-UP TODAY! Details: 847-688-3419





Lifeguarding Course (Blended Learning) with Waterfront Skills and Bloodborne Pathogens Modules

Planned Schedule

Prerequisite Thursday, February 6th 4:00-7:00 pm

Online You must complete online module 2 days prior to first In-Person class

(About 6 hours to complete).

In-Person Thursday, February 27th 4:00-8:00 pm

Friday, February 28th 4:00-8:00 pm

Saturday, March 1^{st} 10:30 am - 6:00 pm Sunday, March 2^{nd} 10:30 am - 6:00 pm

Thursday, March 6th 4:00-8:00 pm

Prerequisite Swimming Skills Evaluation

1. Swim-Tread-Swim Sequence

- Swim 350 yards
- Tread 2 minutes
- Swim 200 yards
- 2. Timed Event (within 1 min. 40 sec.)
 - Swim 20 yards
 - Surface Dive, retrieve 10-pound brick at 10 feet
 - Swim 20 yards on Back to starting point, keeping brick out of water
 - Exit water without ladder
- 3. Underwater Swim
 - Swim 5 yards
 - Submerge and retrieve three dive rings, placed 5 yards apart, in 4 to 7 feet of water
 - Resurface and continue to swim another 5 yards
- If looking to be hired on to MWR Aquatics, Prerequisite Swimming Skills Evaluation must be completed at least two weeks prior to first In-Person class, giving time for Hiring Process and Security Clearance (Thursday, February 6th).
- If only seeking Certifications, Prerequisite Swimming Skills Evaluation must be completed before first in-person class, but there is flexibility on when.
 - Call ahead (About 1 hour to complete process).

Registration

- Registration for class ends one week before first in-person class.
- Blended Learning (Online Module) link will be sent out after Registration.

