

LIFEGUARD 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 6 th	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 27 th	4:00-8:00 pm
	Friday, February 28 th	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 6 th	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.

For Additional Information

Call - Bldg. 440 at 847-688-3419

Email – grlkmwrsportsandfitness@us.navy.mil

Aquatics Manager – Adam Lilliebridge

