



LIFEGUARD TRAINING

The Park Board is hiring certified lifeguards

Opportunities available now at Chesterfield and Doling indoor aquatics centers

2019 Fall Training Session

Doling Family Center 301 E. Talmage St. Springfield, Mo.

Friday, November 22: 5-9 p.m.

Saturday, November 23: 8 a.m.-5 p.m.

Sunday, November 24: 8 a.m.-5 p.m.

Lifeguard training is offered for anyone ages 15 and older who is interested in becoming an American Red Cross Lifeguard. Emphasis is on earning certifications for American Red Cross Lifeguard, First Aid, CPR for the Professional Rescuer, AED Essentials, Preventing Disease Transmission and Water Park Lifeguarding. Additionally, students participate in training in customer service, lifeguard skills, conflict resolution and conditioning, as well as complete swimming assignments and lifeguard skills tests. Certifications are valid through two years.

Class Information/ Guidelines:

- Bring a one-piece swim suit for girls or swim trunks for boys and towel every day to class. Dry clothes to change in to are also highly encouraged, rooms are air-conditioned at Doling.
- **100% attendance is required for this program.** You must attend all classes within the session that you have selected to complete your full certification. There are no makeup classes for this course.
- You are welcome to bring a sack lunch, snacks and drinks to class, you will be given small breaks throughout the day. You will be asked to stay at the facility during your breaks.
- All program materials will be provided to you on the first day of class, along with an outline of what is to be expected from the session.
- This course is offered in a blended learning format. Participants are required to complete a portion of the course work **online** prior to the session dates listed above.
- On the first day of class you must complete a pre-course 300-yard swim, any combination of freestyle and breaststroke that you choose, as well as 2-minute treading without hands and a timed brick test.
- Registrations must be received no later than 12 p.m. the Friday before the session begins. Cancellations may be made at that time if there is low enrollment.

Two Ways to Register

Register online at ParkBoard.org
Click "Register Now" and search
"Lifeguard"

Register onsite
at Chesterfield
Family Center

**Registration is \$160/Family Center Members,
\$170/Non-Members. Scholarships may be available
at ParkBoard.org/Scholarships**

Questions? Call 417-874-2814



Already certified? Apply at ParkBoard.org/jobs