



American Red Cross

LIFEGUARD TRAINING

2022 CERTIFICATION SESSIONS

NOW HIRING!
Certified Lifeguards
ParkBoard.org/Jobs

CERTIFICATION SESSIONS

Session 1: March 14-16

Session 2: April 8-10

Session 3: April 29-May 1

Session 4: May 13-15

Session 5: June 3-5

**FEE: \$160/Member
\$170/Non-Member**

RECERTIFICATION SESSIONS

(For current ARC lifeguards only)

Session 1: March 11-12

Session 2: May 6-7

Recertification is FREE for currently employed Park Board lifeguards. Please call 417-874-2814 for eligibility questions.

**FEE: \$100/Member
\$110/Non-Member**

Check out our
**Spring Break
sessions!**

AGE: 15 yrs. and up

TIME/LOCATION: Varies,
call 417-874-2814 for details

Scholarships may be available to youth who qualify for free/reduced meals. Apply at ParkBoard.org/Scholarships



Register by 5 days before session begins. Program cancellations will be made if class minimum is not met.

Register in person at Chesterfield Family Center, Doling Family Center or online at

PARKBOARD.ORG/AQUATICS

LIFEGUARD TRAINING

SESSION INFORMATION

WHO

Lifeguard Training is for anyone ages 15 yrs. and up interested in becoming an American Red Cross Certified Lifeguard. Certification is required to lifeguard at a Park Board pool.

CLASS REQUIREMENTS

Participants must successfully complete a series of pre-course skills. These include a 300-yard swim (goggles permitted), treading water for 2 minutes, and a timed event in which you must retrieve and swim with a 10-pound object. During the 300-yard swim you will demonstrate continuous breath control and rhythmic breathing. You may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not allowed.

CERTIFICATION

Upon successful completion of the course, you will obtain American Red Cross Lifeguard Certification, which is valid for 2 years. This includes lifeguarding skills, CPR for the Professional Rescuer, AED and First Aid.

BEFORE YOUR SESSION

This course includes online training prior to in-person training. The online portion must be completed, and your certification of completion must be printed, before your session begins. Instructions will be emailed to you. Bring your certification of completion with you on the first day.

LOCATIONS

Doling Family Center Pool, 301 E. Talmage St., Central High School Pool, 404 E. Central St. and John H. Foster Natatorium, 654 N. Eastgate Ave. Class locations vary by session and are subject to change. Call 417-874-2814 for more details.

WHAT TO WEAR TO CLASS

Ladies need a one-piece swimsuit. Gentlemen need swim trunks. Everyone needs dry clothes for classroom time.

WHAT TO BRING TO CLASS

All participants must have a towel, paper and pen for taking notes, and a whistle. Park Board staff uses a Fox 40 whistle. Participants may also bring snacks and drinks, as well as a sack lunch/dinner for mealtimes.

ATTENDANCE

100% attendance is required for certification. There are no makeup classes. Breaks will be given throughout training sessions, including mealtimes, but participants must remain at the facility during breaks.

AFTER YOUR SESSION

You may be asked to complete a program evaluation form. This feedback is beneficial so we may further improve our services. Once certified you are eligible for employment as a Park Board lifeguard. Visit ParkBoard.org/Jobs for more info.

Questions? Call 417-874-2814

Refund Policy: If you decide to cancel your registration for our program, a refund request form must be filled out and returned at least five business days prior to the start of the program. All approved refunds will be charged a \$10 processing fee.

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PARKBOARD.ORG/AQUATICS