

2019 Lifeguard Training Courses – Blended Learning Prairie Lakes Wellness Center – Watertown, SD

Session 1:	March 7: 6-9 pm March 10: 1-6 pm	Deadline to register: Mar. 4 Mandatory Attendance
Session 2:	March 28: 6-9 pm March 31: 1-6 pm	Deadline to register: Mar. 25 Mandatory Attendance
Session 3:	April 11: 6-9 pm April 14: 1-6 pm	Deadline to register: Apr. 8 Mandatory Attendance
Session 4:	May 9: 6-9 pm May 12: 1-6 pm	Deadline to register: May 6 Mandatory Attendance
Session 5:	May 15: 6-9 pm (Wed.) May 18: 9 am – 2 pm (Sat.)	Deadline to register: May 12 Mandatory Attendance
Session 5:	June 6: 6-9 pm June 9: 1-6 pm	Deadline to register: June 3 Mandatory Attendance

Fee: \$225.00

Includes: Book, facemask, fanny pack, whistle, ARC registration fee Deposit of \$75.00
Non-refundable deposit required to register and to receive ARC link

Fee for contracted City employees: \$75.00. Contact Jeremy Herrboldt for outdoor pool employment: jherrboldt@watertownsd.us Contact Jodi Hemiller for indoor pool employment: jhemiller@watertownsd.us

Blended Learning is a course style that uses online learning and instructor-led classroom and water sessions. The online portion of approximately 7.25 hours must be completed prior to instructor-led classroom sessions. Upon registration, participants will be emailed instructions and deep link to begin on-line portion of Lifeguard Training. Course participants should print a verification of online portion completion and bring to first classroom session.

The Purpose of the Lifeguarding course is to teach the knowledge and skills needed to help prevent and respond to aquatic emergencies.

Participants must be at least 15 years of age on or before the final scheduled session of this course. Mandatory attendance is required at all class sessions!

Pre-Course requirements:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10 pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

For more information, call Jodi at 882-6250. jhemiller@watertownsd.us

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