

Summer 2017 Lifeguard Training Registration Sheldon Outdoor Aquatic Center, Sheldon Iowa

Registration Deadline: Wednesday, May 10 at 4:00pm

Dates: Friday, May 26 - 6:00pm-9:00pm

Saturday, May 27 – 8:00am-12:00pm

Monday, May 29 - 8:00am-12:30pm

Thursday, June 1 – 8:00am-12:30pm

Friday, June 2 - 9:00am-12:30pm

Pre-Test: 300 yard swim (100 Front Crawl, 100 Breast Stroke, 100 either of the two); swim 20 yards retrieve a brick from the bottom of the deep and swim it back to the shallow on back holding the brick with two hands in 1 minute and 40 seconds; and tread water for 2 minutes with no arms.

Pre-test will be done the first night of class; everyone will have 2 attempts on each element.

This class is set up as a blended learning class where 7 hours of the class will be completed online on your own.

Prerequisites: Must be 15 years of age and pass pre-test.

Cost: \$35.00 for future lifeguards planning to work at the Sheldon Outdoor Aquatic Center.

Cost: \$150 for all future lifeguards who are planning to work at another aquatic center/pool other than the Sheldon Outdoor Aquatic Center.

Questions or for more information please contact Jake Kerr at 712-324-2769 or jkerr@cityofsheldon.com

Summer 2017 Lifeguard Training Registration Form

Name _____ Date of Birth _____

Address _____

City _____ State _____

Email _____ Phone Number _____

Please return registration to: Sheldon City Office
Attn: Jake Kerr
416 9th St.
Sheldon, Iowa 51201