

Summer 2018 Lifeguard Training Registration Sheldon Outdoor Aquatic Center - Sheldon, Iowa

Dates: Monday, May 28 - 1:00pm-8:00pm
Thursday, May 31 - 6:30pm-9:30pm
Friday, June 1 - 8:00am-5:00pm
Sunday, June 3 - 3:00pm-7:00pm

Times could change based on baseball/softball schedules

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 an additional 7 hours of the class will be completed online on your own. More information on the class will be sent out leading up to the start date.

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: \$175 for all future lifeguards who are planning to work at another aquatic center/pool other than the Sheldon Outdoor Aquatic Center.

Payment options: cash or check payable to City of Sheldon

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

Summer 2018 Lifeguard Training Registration Form

Name _____ Date of Birth _____

Address _____

City _____ State _____

Email _____ Phone Number _____

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