



MOUNTAIN PARK
AQUATICS

**AMERICAN RED CROSS LIFEGUARD CLASSES
NOW BACK AT MOUNTAIN PARK!**

MANDATORY PREREQUISITE TEST - May 4th at 4:00pm

CLASS DATES

- Saturday, May 18th | 12:00pm-8:00pm
- Sunday, May 19th | 12:00pm-8:00pm
- Saturday, May 25th | 12:00pm-8:00pm
- Sunday, May 26th | 12:00pm-8:00pm

15 Years & Up Only

INFORMATION

Members: \$150*

Non-Members: \$175*

*Includes Course Materials

Pre-Test: \$15

**Register at the Front Desk
If you have any questions, e-mail ashley@mtparkhoa.com**





PRE-TEST REQUIREMENTS

- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute and 40 seconds
- Starting in the water, swim 20 yards. No goggles.
- Surface Dive – feet or head first—to a depth of 7-10 feet to retrieve a 10-pound object
- Return to the surface and swim 20 yards to return to the starting point with both hands holding the object above water level
- Exit the water without using a ladder or steps

