



Lifeguard Skills Class

\$25 (payment is due by 3/21)

9-10Am

3/24, 3/31, 4/7, and Lifeguard Skills Class

This class is to help participants get ready to take the Lifeguard Certification Class. Front crawl and breaststroke will be practiced and polished, as well as treading skills. The hour will be spent getting participant's endurance for swimming to a level that will make the necessary 300 yards for lifeguarding a breeze. Classes will be held at TOW indoor pool in March and at Mill Pond indoor pool in April

Lifeguard Recertification Classes*

\$100.00

May 11, 8am-6pm or June 2, 8am-6pm (payment is due 4 days ahead of class)

Know someone who needs to update their lifeguard certification? Saw Creek is offering two Lifeguard Recertification Classes. You need only attend one of the days. Classes will be held at the Mill Pond indoor/outdoor pools.

*Certification may not be more than 30 days expired

Lifeguard Certification Class

\$200 (payment due by 5/17)

5/20 5-8pm 5/22 5-8:30pm 5/24 5-8pm 5/29 5-8pm 5/31 5-8:30pm 6/1 11am-4pm
6/5 5-8pm 6/7 5-8pm 6/8 11-4pm

Classes will be held at Mill Pond Pool Complex. For regular Lifeguard Certification you need to swim 300 yards continuously, waterfront is 550 yards and shallow water is 100 yards. Candidates may swim using the front crawl, breaststroke or a combination of both. You must be able to tread water using only your legs for 2 minutes and complete a timed event. You must also be able to exit the pool without using a ladder or steps. Questions may be directed to Darcie@sawcreek.org 4/14

OPEN TO THE PUBLIC

Questions may be directed to
Darcie@sawcreek.org

www.sawcreek.ORG

RECREATION DEPARTMENT



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