

Don't have your Lifeguard Certification? No Problem. We Offer Lifeguard Training Courses!

*Lifeguard Training Courses

Ages 15 & Up

Date: December 20 - December 22

Times: 9 a.m. - 6 p.m.

Days: Wednesday - Friday

Prices: \$165 Members, \$180 Non-Members

Date: December 27 - December 29

Times: 9 a.m. - 6 p.m.

Days: Wednesday - Friday

Prices: \$165 Members, \$180 Non-Members

Date: January 13 - January 15

Times: 9 a.m. - 6 p.m.

Days: Saturday - Monday

Prices: \$165 Members, \$180 Non-Members

The Lifeguard prerequisite swimming skills evaluation consists of:

- A 300-yard continuous swim: front crawl or breaststroke.
- 2-minute tread.
- Swim 20 yards and retrieve a 10-pound brick in 7 - 10 ft.

All students need to bring appropriate swim attire, multiple towels, and goggles. The student should bring lunch and refreshments everyday to class.

*An enrollment minimum must be met for classes to be held.

*Water Safety Instructor Courses

Ages 16 & Up

Date: February 17 - February 19

Times: 8 a.m. - 6 p.m.

Days: Saturday - Monday

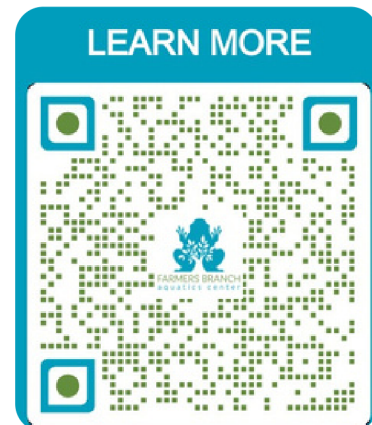
Prices: \$200 Members, \$215 Non-Members

The WSI prerequisite skills evaluation consists of:

- Swimming 25 yards of Front Crawl and Elementary Backstroke (Level 4 Criteria)
- Swimming 15 yards of Back Crawl, Sidestroke, Breaststroke, and Butterfly (Level 4 Criteria)
- Maintain position on back for 1 minute in deep water
- Tread water for 1 minute

\$165 SIGN-ON FOR NEWLY HIRED EMPLOYEES

END-OF-SEASON INCENTIVE



Call for Course Requirements & Prerequisites 972.919.8720

Register for courses at fbh2o.com