

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

*Lifeguard Training Courses (R.24) Ages 15 & Up

Date: March 9 - March 11

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

Days: Saturday - Monday

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

Date: March 13 - March 15

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

Days: Wednesday - Friday

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

Date: April 5 - April 7

Times: 5 p.m. - 9 p.m.

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

Days: Friday - Sunday

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

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

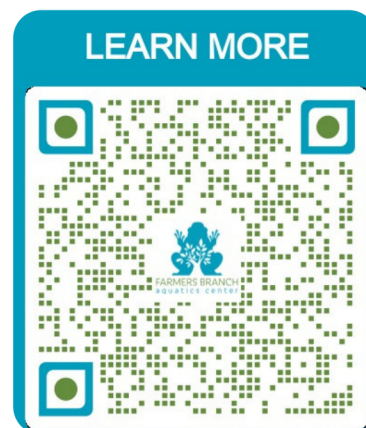
The Lifeguard prerequisite swimming skills evaluation consists of completing a swim-tread-swim sequence without stopping to rest:

1. Jump into the water and totally submerge, resurface, then swim 150 yards using the front crawl, breaststroke, or a combination of both. (Swimming on the back or side is not permitted. Goggles are allowed)
2. Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
3. Swim 50 yards using the front crawl, breaststroke, or a combination of both.
4. 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.

\$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