

## FAQs

**What is the minimum age requirement?** You must be 15 years of age on or before the final day of the course.

**How do I register?** Each class will have its own registration date and time. **YOU MUST COME IN AND REGISTER IN PERSON. NO PHONE REGISTRATIONS ACCEPTED!**

**When do I pay and how much?** Payment is due the first day of class once the participant completes the pre-course swim tests. Cost \$125.00 (If paying by check one check made out to W.C.P.R. for \$125).

**What is the pre-course swim test?** All participants must complete and pass all swim tests prior to starting the class. There are three skills you must successfully complete.

- 300 yard (6 laps) continuous swim using the front crawl, breaststroke or a combination of both and demonstrate rhythmic breathing. Swimming on back or side is not permitted. Swim goggles ARE allowed.
- Tread water for 2 minutes without stopping, using only the legs, hands must be placed under armpits.
- 10 pound brick test: swim 20 yards using front crawl or breaststroke, when the brick is beneath you in the water, surface dive feet first or head first in 7-10 feet of water to retrieve the 10 pound brick, return to the surface and swim 20 yards on your back with both hands on the brick back to the starting point, exit without using a ladder or steps. Goggles ARE NOT ALLOWED.

**Are these timed events?** The 300 yard swim is not, but you may not rest once you have started. The 10 pound brick test must be completed within 1 minute 40 seconds, and you must tread water for 2 minutes without stopping.

**Can I miss any days?** All classes are mandatory

**What certifications will I receive?** After successful completion of the course, you will receive 2 certification cards. Lifeguard and First Aid Training, CPR for the professional rescuer which includes Adult/Child AED Essentials both are valid for 2 years.

**Can I get a job with the county?** Although we would like to hire everyone from our classes, not everyone can be employed with the county. The American Red Cross Lifeguard Training Certification is nationally recognized



American  
Red Cross

For more information on upcoming programs and activities please visit our website:

[www.wcparksandrec.com](http://www.wcparksandrec.com)

WILLIAMSON COUNTY  
PARKS & RECREATION

Indoor Sports Complex  
920 Heritage Way  
Brentwood, TN 37027

Phone: 615-370-3471 Ext. 22  
E-mail: [angieb@williamson-tn.org](mailto:angieb@williamson-tn.org)

Longview Recreation Center  
2909 Commonwealth Dr.  
Spring Hill, TN 37174

Phone: 615-302-0971 Ext. 22  
E-mail: [evanh@williamson-tn.org](mailto:evanh@williamson-tn.org)



# 2012 Lifeguard Training Courses



LIFEGUARD  
TRAINING 2012

WILLIAMSON COUNTY  
PARKS & RECREATION

**Indoor Sports Complex  
Lifeguard Training Classes**

**Class #1: "Early Bird":**

**When:** March 3rd - March 17th

**Days class will Meet:** Every Monday, Wednesday, and Saturday

**Times:** Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

**Cost:** \$125.00 Includes all materials.

**Registration:** Will begin Sat. February 11th at 12:00 noon at I.S.C.

**Class "Spring Break":**

**When:** March 31st –April 5th

**Days Class Will Meet:** Sat. March 31st and everyday from April 2nd-5th

**Times:** 9:00 am– 5:00 pm

**Cost:** \$125.00 Includes all materials.

**Registration:** Will begin Sat. March 10th at 12:00 noon at I.S.C.

**Class #3**

**When:** April 14th - April 28th

**Days class will meet:** Every Monday, Wednesday, and Saturday

**Times:** Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

**Cost:** \$125.00 Includes all materials.

**Registration:** Will begin Sat. March 31st at 12 noon at I.S.C.



**Registration and classes in this column will be held at I.S.C. in Brentwood!**

**Longview Recreation Center  
Lifeguard Training Classes**

**Class "Spring Break":**

**When:** March 31st –April 5th

**Days Class Will Meet:** Sat. March 31st and everyday from April 2nd-5th

**Times:** 9:00 am– 5:00 pm

**Cost:** \$125.00 Includes all materials.

**Registration:** Will begin Sat. March 10th at 12:00 noon at Longview Recreation Center

**Class #3**

**When:** April 14th - April 28th

**Days class will meet:** Every Monday, Wednesday, and Saturday

**Times:** Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

**Cost:** \$125.00 Includes all materials.

**Registration:** Will begin Sat. March 31st at 12 noon at Longview Recreation Center

WILLIAMSON COUNTY  
PARKS & RECREATION

**Longview Recreation Center  
2909 Commonwealth Drive  
Spring Hill, TN**

**Phone: 615-302-0971 Ext. 22  
E-mail: evanh@williamson-tn.org**

**Registration and classes in this column will be held at Longview Recreation in Spring Hill! *\*with the exception of the first and last day of training, these dates will be at I.S.C in Brentwood at specified time.***

**Indoor Sports Complex  
Lifeguard/CPR Challenge Classes**

**CPR Challenge**

**When:** May 7th, Monday

**Where:** Indoor Sports Complex

**Time:** 5:00 pm

**Cost:** \$25.00

**Registration:** Will begin Mon. April 23rd at 4:00pm at the Indoor Sports Complex.

**Lifeguard Challenge**

**When:** May 9th, Wednesday

**Where:** Indoor Sports Complex

**Time:** 5:00 pm

**Cost:** \$25.00

**Registration:** Will begin Mon. Apr. 23rd at 4:00pm at the Indoor Sports Complex.



**NOTE:**

**To challenge out of either class, participants must be familiar with all updated course material. This is not a class/review, it is a pass/fail challenge. Participants who fail the challenge will be required to complete a full course class.**

WILLIAMSON COUNTY  
PARKS & RECREATION

**Indoor Sports Complex  
920 Heritage Way  
Brentwood, TN 37027**

**Phone: 615-370-3471 Ext 22  
Email: angieb@williamson-tn.org**