

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 \$77.00 and the other made out to American Red Cross for \$48.00).

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

- 300 yard (6 laps) swim in the following order: 100 yards of front crawl (freestyle), 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.
- 10 pound brick test: swim 20 yards using front crawl or breaststroke, when the brick is beneath you in the water, feet first surface dive 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.

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.

Can I miss any days? All classes are mandatory as the instructors will not be able to go back over any sections of the course.

What certifications will I receive? After successful completion of the course, you will receive 2 certification cards. Lifeguard Training (valid for 3 years) which includes First Aid Training, CPR for the professional rescuer which includes Adult/Child AED Essentials (valid for 1 year).

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 and the certification is accepted at most facilities.



American
Red Cross

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

www.wcparksandrec.com

WILLIAMSON COUNTY
PARKS & RECREATION

Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

Phone: 615-370-3471 Ext. 22
E-mail: scotte@williamson-tn.org



2010 Lifeguard Training Courses



LIFEGUARD
TRAINING 2010

WILLIAMSON COUNTY
PARKS & RECREATION

**Indoor Sports Complex
Lifeguard Training Classes**

Class #1: "Early Bird":

When: February 27th – March 20th

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 6th at 12:00 noon at I.S.C.

Class #2 "Spring Break":

When: March 27th(pre-course)/April 5th-10th

Days Class Will Meet: Sat. March 27th and everyday from April 5th-10th

(No class Sunday, March 28th-April 4th)

Times: 9:00 am– 5:00 pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. March 6th at 12:00 noon at I.S.C.

Class #3 "Last Chance":

When: April 17th - May 8th

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 27th at 12 noon at I.S.C.



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

**Longview Rec. Center
Lifeguard Training Classes**

Class #1 "Spring Break":

When: March 27th(pre-course)-April 5th-10th

Days Class Will Meet: Everyday (5th-10)
(will not meet Sunday, March 28th-April 4th)

Times: 9:00 am– 5:00 pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. March 6th at 12:00 noon at Longview Rec. Center

Class #2 "Last Chance":

When: April 17th - May 8th

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 27th at 12 noon at Longview Rec. Center

W I L L I A M S O N C O U N T Y
P A R K S & R E C R E A T I O N

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

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

**Registration and classes in
this column will be held at
Longview Rec. in
Spring Hill!**

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

CPR Challenge

When: May 10th, Monday

Where: Indoor Sports Complex

Time: 5:00 pm

Cost: \$25.00

Registration: Will begin Mon. April 26th at 4:00pm at the Indoor Sports Complex.

Lifeguard Challenge

When: May 12th, Wednesday

Where: Indoor Sports Complex

Time: 5:00 pm

Cost: \$25.00

Registration: Will begin Apr. 26th 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.

W I L L I A M S O N C O U N T Y
P A R K S & R E C R E A T I O N

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

**Phone: 615-370-3471 Ext. 22
E-mail: scottc@williamson-tn.org**