



LIFEGUARD TRAINING

This course is for anyone age 15 and older who is interested in becoming an American Red Cross Lifeguard. Students will participate in training that focuses on customer service, lifeguard skills, conflict resolution and conditioning, as well as complete swimming assignments and lifeguard skill sets.

2019 Spring Sessions

Session 1

January 4: 4:30-9:30p.m./January 5: 7:30a.m.-5:30p.m.
*January 11: 4:30-9:30p.m./*January 12: 7:30a.m.-5:30p.m.

Session 2

January 18: 4:30-9:30p.m./January 19: 7:30a.m.-5:30p.m.
*January 25: 4:30-9:30p.m./*January 26: 7:30a.m.-5:30p.m.

Session 3

February 1: 4:30-9:30p.m./February 2: 7:30a.m.-5:30p.m.
*February 8: 4:30-9:30p.m./*February 9: 7:30a.m.-5:30p.m.

Session 4

February 15: 4:30-8:30p.m./February 16: 8a.m.-5p.m.
February 17: 1-5p.m./*February 22: 4:30-8:30p.m.
*February 23: 8a.m.-5p.m.

Session 5

March 1: 4:30-9:30p.m./March 2: 7:30a.m.-5:30p.m.
*March 8: 4:30-9:30p.m./*March 9: 7:30a.m.-5:30p.m.

Session 6

March 11: 8a.m.-4p.m./March 12: 8a.m.-4p.m.
March 13: 8a.m.-4p.m./*March 14: 8a.m.-4p.m.
*March 15: 8a.m.-4p.m.

Session 7

March 22: 4:30-9:30p.m./March 23: 7:30a.m.-5:30p.m.
*March 29: 4:30-9:30p.m./*March 30: 7:30a.m.-5:30p.m.

Session 8

April 5: 4:30-8:30p.m./April 6: 8a.m.-5p.m./April 7: 1-5p.m.
*April 12: 4:30-8:30p.m./*April 13: 8a.m.-5p.m.

Session 9

April 19: 4:30-9:30p.m./April 20: 7:30a.m.-5:30p.m.
*April 26: 4:30-9:30p.m./*April 27: 7:30a.m.-5:30p.m.

Session 10

May 3: 4:30-8:30p.m./May 4: 8a.m.-5p.m./May 5: 1-5p.m.
*May 10: 4:30-8:30p.m./*May 11: 8a.m.-5p.m.

Classes marked with an () will be held at the Central Pool across from Central High School to accommodate deep-water lessons. You will receive more details on the first day of class.

Members: \$160 | Non-Members: \$170

Certifications are valid through 2 years upon completion of training.

Job opportunities available upon completion of class. Apply at ParkBoard.org/Employment

Three Ways to Register

Save time and register online at ParkBoard.org/Aquatics Click "Register Now" and search "Lifeguard"

Register onsite at Chesterfield Family Center

Print a registration form from our website at ParkBoard.org/Aquatics and mail with payment

Registrations must be received no later than 12 p.m. the Friday before the session begins. Cancellations will be made at that time if there is low enrollment.



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