



Benefits of having a Lifeguard Certification

- Learn lifesaving skills such as: water rescues, first aid, CPR & AED
- A lifeguard/first aid/CPR certification looks great on any resume
- Applicable for hire as a lifeguard & swim instructor
- A.M.G. hires it's staff directly from their certification courses

Registration Fee: The class fee is \$200 (cash or check) all checks should be made out to A.M.G. At the time of payment a class contract must be signed by both student & parent (if a minor).

Required Supplies:

Red Cross Lifeguard Book: \$32.00
Combo Adult/Child Pocket Mask: \$11.00
(All available online @
Redcrossstore.com, Amazon.com, MCRMedical.com)

Course Schedule

Attendance is MANDATORY.

Friday	Sep 21st	5:30pm-9:30pm
Saturday	Sep 22nd	9am-5pm
Friday	Sep 28th	5:30pm-9:30pm
Saturday	Sep 29th	9am-5pm

There will be no make-ups offered Must pass all written tests with 80% or better and show excellence in all skills tests.

Am I ready to take this course?

This course is strictly limited to individuals that are at least 15 years of age by September 30, 2018 and are able to successfully complete the prerequisite swimming skills. The prerequisite swimming skills will be completed on the first day and will include the following skills:

300-Yard Swim: Students must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing. Students need to swim 100 yards of freestyle (crawlstroke), 100 yards of breaststroke, and an additional 100 yards of freestyle. Swimming on their back or side is not allowed. Goggles may be used for the 300 yard swim.

Treading Water: Students must be able to tread water for 2 minutes using, only their legs. Students must place their hands under the armpits and keep their heads above the water.

Brick Retrieval: Starting in the water, students must swim 20-yards using freestyle (crawlstroke) or breaststroke, dive 12 feet, retrieve a 10-pound dive brick, return to the surface, swim 20-yards on their back to return to the starting point with both hands holding the brick and exit the pool without using a ladder or steps. The swim must be completed within 1 minute and 40 seconds. Swim goggles are not allowed. Candidates should not swim the return distance underwater.

The prerequisite skills test is to determine whether students have the overall strength, endurance and comfort in the water that is necessary to successfully participate & pass the course.

Sign Up Today

Pool Office Hours
M-F: 8am-8:30pm
Sat: 10am-1:30pm
Sun: 10am-1:30pm
253-854-9287