



# Cobb County Aquatics Lifeguarding Training 2019

Lifeguarding Training (\$200.00) has fee of \$162.00 that is due when you register for the class. Payable to **P.A.R.K.S.** An additional \$38.00 fee must be paid directly to the American Red Cross. Details will be given on how to pay this portion of the fee at the first class meeting.

This course is designed to train participants to be effective professional lifeguards. After successful completion of this course, participants will be certified for two (2) years in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO).

**All classes include online sessions. These sessions are required for completion of the course.**

For registration please visit the facility where the class you are interested in is being held: Central Aquatic Center (770) 528-8465, Mountain View Aquatic Center (770) 509-4925, South Cobb Aquatic Center (770) 739-3180, West Cobb Aquatic Center (770) 222-6700.

## Schedule

\*\*\*Prerequisites must be completed prior to the first night of class. Call to schedule.

<b>CAC</b>	Session 1	March 8-17	Fri 6-10, Sat/Sun 2p-7p	
	Session 2	April 8-26	Mon/Wed/Fri 6p-10p (*skip 4/19)	
	Session 3	April 29-May 17	Mon/Wed/Fri 6p-10p	
<b>MVAC</b>	Session 1	March 4-27	Mon/Wed 6p-10 p	Activity # 8173
	Session 2	April 8-May 1	Mon/Wed 6p-10 p	Activity # 8174
	Session 3	May 3-May 12	Fri 6p 10p, Sat/Sun 11a-5p	Activity # 8171
<b>SCAC</b>	Session 1	February 18-23	5p-8p Contact facility for details (register by Feb 4.)	

\*\*\*Prerequisites must be completed prior to the first night of class. Call to schedule.

<b>WCAC</b>	Session 1	February 4-20	Mon/Wed 5p-9p
	Session 2	March 5-21	Tue/Thurs 5p-9p
	Session 3	April 8-24	Mon/Wed 5p-9p

## Lifeguarding Prerequisites

To be eligible for the Lifeguarding course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

- + Swim 300 yards continuously using front crawl with rhythmic breathing and breaststroke.
- + Starting in water, swim 20 yards in front crawl or breaststroke, surface dive 7-10 ft, retrieve a 10-pound object, return to surface, swim 20 yds back to the start with object, and exit water without using a ladder. (time limit: 1 min, 40 sec)
- + Tread water for 2 min using only your legs (hands must be kept under armpits).



# Cobb County Aquatics Lifeguard Recertification 2019

Lifeguard Recertification (\$100.00) A fee of \$62.00 is due when you register for the class –payable to P.A.R.K.S. An additional \$38.00 fee must be paid directly to the American Red Cross. Details will be given on how to pay this portion of the fee at the first class meeting.

Review classes are available for those students that are currently Lifeguard certified and are about to expire. After successful completion of this course, participants will be certified for two (2) years in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO)

## Schedule

<b>CAC</b>	Session 1	April 3 & 5	Wed/Fri 6p-10p	
	Session 2	April 24 & 26	Wed/Fri 6p-10p	
	Session 3	May 8 & 10	Wed/Fri 6p-10p	
	Session 4	May 15 & 17	Wed/Fri 6p-10p	
	Session 5	May 22 & 24	Wed/Fri 6p-10p	
<b>MVAC</b>	Session 1	April 6-7	Sat/Sun 10a-6p	Activity # 8178
	Session 2	June 1-2	Sat/Sun 10a-6p	Activity # 8179

# Cobb County Aquatics Safety Training for Swim Coaches 2019

## Schedule

Safety Training for Swim Coaches is a \$35 fee to PARKS and \$25.00 to the American Red Cross. The online portion must be completed ahead of time. Certificate must be presented at time of in person course.

<b>CAC</b>	Session 1	April 20	2p-4p
	Session 2	May 25	2p-4p
Other sessions available by Appointment: Call Steve Hendrix at 770-528-8470.			
<b>MVAC</b>	Session 1	April 13	Saturday 12:30p-2p
	Session 2	May 18	Saturday 12:30p-2p

For more information please call the facility where the class you are interested in is being held: Central Aquatic Center (770) 528-8465, Mountain View Aquatic Center (770) 509-4925, South Cobb Aquatic Center (770) 739-3180, West Cobb Aquatic Center (770) 222-6700