

Cobb County Aquatics

Lifeguarding Training 2020



Lifeguarding Training (\$200.00) has fee of \$162.00 due when you register for the class. Payable to **PARKS**. An additional \$38.00 fee must be paid directly to the American Red Cross. Details will be given on how to pay this 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).

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

For registration information contact your facility of interest: 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 for information on registration (770) 528-8465

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|-------------|-----------|-----------------|----------------------------|-------------------------|
| CAC | Session 1 | April 13-May 1 | Mon/Wed/Fri 6:30p-10p | |
| | Session 2 | May 4- 22 | Mon/Wed/Fri 6:30p-10p | |
| MVAC | Session 1 | March 9-April 1 | Mon/Wed 6p-10p | Activity # 13102 |
| | Session 2 | April 13-May 6 | Mon/Wed 6p-10p | Activity # 13103 |
| | Session 3 | May 1-May 10 | Fri 6p-10p, Sat/Sun 10a-4p | Activity # 13101 |

***Prerequisites must be completed prior to the first night of class

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|-------------|-----------|----------------|------------------|-------------------------|
| SCAC | Session 1 | Feb 17-March 7 | Online | Activity # 16512 |
| | | | 2/17-2/27, | |
| | | | In person | |
| | | | 2/28 5p-9p | |
| | | | 2/29-3/1 8a-12p | |
| | | | 3/6 5p-9p | |
| | | | 3/7 8a-12p | |

***Prerequisites must be completed prior to the first night of class

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|-------------|-----------|----------------|------------------|-------------------------|
| WCAC | Session 1 | February 11-27 | Tue/Thurs 6p-10p | Activity # 13591 |
| | Session 2 | March 9-25 | Mon/Wed 6p-10p | Activity # 13592 |
| | Session 3 | April 14-30 | Tue/Thurs 6p-10p | Activity # 13593 |

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).

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Lifeguard Recertification 2020



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

CAC

| | | |
|-----------|-------------|-------------------|
| Session 1 | April 8-9 | Wed/Fri 6:30p-10p |
| Session 2 | April 22-23 | Wed/Fri 6:30p-10p |
| Session 3 | May 6-7 | Wed/Fri 6:30p-10p |
| Session 4 | May 20-21 | Wed/Fri 6:30p-10p |
| Session 5 | June 3-4 | Wed/Fri 6:30p-10p |

*****Call for information on registration (770) 528-8465**

MVAC

| | | | |
|-----------|-------------|----------------------------|-----------------|
| Session 1 | March 27-29 | Fri 6p-10p, Sat/Sun 10a-4p | Activity #13084 |
| Session 2 | May 22-24 | Fri 6p-10p, Sat/Sun 10a-4p | Activity #13085 |

