

Cobb County Aquatics Lifeguarding Training 2021



Lifeguard Training (\$200.00) has fee of \$160.00 that is due when you register for the class. Payable to **PARKS**. An additional \$40.00 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: Lifeguard, 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

MVAC	Lifeguard Training ***Skip May 31***	May 10-June 7	Mon/Wed 6p-10p	Activity# 22112
	Lifeguard Re-cert	May 1- May 2	Sat/Sun 10a-6p	Activity# 22121

Lifeguarding Prerequisites

To be eligible for the Lifeguard 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).

