



## NEWPORT PARKS AND RECREATION

### Lifeguard Certification Schedule

April 26, 2018 – April 30, 2018

- Tuesday, April 17<sup>th</sup> Skills Test @ 5:30pm  
Pool—Bathing Suit Required  
(This test is for all persons registered to see if required skills are known)
- Wednesday, April 25<sup>th</sup> Skills Test @ 5:30pm  
Pool—Bathing Suit Required  
(This test is for those who did not do well on the required skills test on April 27<sup>th</sup>. Instructor will let you know if needed.)
- Thursday, April 26<sup>th</sup> 5:30 pm – 9:00 pm  
Classroom & Pool—Bathing Suit Required
- Friday, April 27<sup>th</sup> 5:30 pm – 9:00 pm  
Classroom & Pool—Bathing Suit Required
- Saturday, April 28<sup>th</sup> 9:00 am – 6:00 pm  
Classroom & Pool—Bathing Suit Required
- Sunday, April 29<sup>th</sup> 1:30 pm – 6:00 pm  
Classroom & Pool—Bathing Suit Required
- Monday, **April 30<sup>th</sup> 5:30 pm – 9:00 pm**  
**If Not Finished**
  - Written test will be given at the end of class.
  - Class time will vary, according to number of participants.
  - Lifeguard certification class takes **approximately 30 hours to complete.**
  - Participants **MUST ATTEND all classes.**
  - No make up classes will be offered.
  - Class fee is **\$150.00 Fee Due At Sign-up**
  - This fee is for books, mask, cards, and materials needed for class.
  - Fee must be paid at the time of registration, so exact number of books and materials can be ordered.
  - **Bathing suit is required at all class sessions.**
  - Participants need to bring at least **2 towels** and an **extra set of clothing, hair dryer**, etc. to each session.
  - All Sessions will be held at the Newport Community Center.



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### **Mandated Skills & Requirements**

- Candidate must be 15 years of age to be certified in lifeguard training.  
*(Candidate must be 15 years of age by the end of the last scheduled class)*
- Candidate must complete the following swim skills:
  - Swim 300 yards continuously for:
    - \*\*\*100 yard Crawl Stroke\*\*\*
    - \*\*\*100 Yard Breast Stroke\*\*\*
    - \*\*\*100 Yard, Choose either Breast or Crawl Stroke, or a combination\*\*\*
  - All Strokes must be preformed using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. Face must be under water.

*Note: There is no time requirement for this skill. Prospective participants must show only that they can swim 300 yards using the above strokes without stopping.*

- Starting in the water , swim 20 yards, using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or stops, within 1 minute, 40 seconds
- Pass all water and written tests.

\*\*\*\*\* Note \*\*\*\*\*

The Community Center Pool is 75 feet in length.  
100 yards will equal down and back 2 times.

*Instructor: Timothy L. Dockery*



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**Lifeguard Certification Registration Form**  
**April 25, 2018 – April 30, 2018**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone #** \_\_\_\_\_

**Emergency Telephone #** \_\_\_\_\_

**Age of Participant:** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_

**Do you have any health problems: Yes\_\_\_No\_\_\_ If yes, explain and Please be specific** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Are you allergic to any medications: Yes\_\_\_No\_\_\_ If yes, please list:**  
\_\_\_\_\_

**Name of your Physician:** \_\_\_\_\_

**Telephone #** \_\_\_\_\_

**Fee: \$150.00**

**Date Paid** \_\_\_\_\_

**Registration Form Must Be Turned In and Fee Paid by**  
**Thursday, April 26<sup>th</sup>, 2018**