

Lifeguard Certification Class

Class Dates

December 13, 4:00 - 8:00 PM

December 14, 8:00 AM - 5:30 PM

December 15, 8:00 AM - 5:30 PM

- **\$250 for members of Walton Family Whole Health & Fitness**
- **Register in Club Automation**
- **\$275 for non-members**
- **Register by emailing Tonya.Vandermey0@walmart.com**



Pre-Tests

PRE-REQUISITE SWIM #1 (NOT TIMED):

1. Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
2. Maintain position at the surface of the water for 2 minutes by treading water using only the legs
3. Swim 50 yards using the front crawl, breaststroke or a combination of both

PRE-REQUISITE TIMED SWIM #2 (1 MINUTE 40 SECONDS TO COMPLETE):

1. Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
2. Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object.
3. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
4. Exit the water without using a ladder or steps.

Walton Family Whole Health & Fitness