Instructors: Amy, Krista, Karen, Chance

Materials Needed: Swim Suit, Goggles
2 Towels
Change of Clothes
Lunch, Snacks, Water
Training Manual is Provided
No refunds or credits within 14 days of class start.

ATTENDANCE IS MANDATORY!! Minimum age for Lifeguard is 15 yrs old.

In order to receive lifeguard training certification, you must be in attendance during all class sessions (NO exceptions), pass the final skills scenarios and the written exams.

The following pre-requisites must be completed during the first class session in order to continue. Students who do not pass requirements will not be eligible for a refund.

Lifeguard Training Prerequisite 1: 300-Yard Swim
Students must perform a 300-yard continuous swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed.

Lifeguard Training Prerequisite 2: Tread Water
Students must tread water for 2 minutes without support and without stopping. When treading, only the legs can be used. Candidates should place their hands under the armpits. The head must remain above the surface of the water.

Lifeguard Training Prerequisite 3: Timed Event
Students must swim a distance of 20 yards and place a 10-pound object at a depth of 7 to 10 feet performed within 1 minute and 40 seconds. Students will start in the water, swim 20 yards. The face may be in or out of the water, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. The participants should not swim the distance under water. They will then exit the water without using a ladder or steps.

WSI Prerequisite: Minimum Age of 16 Years Old
Demonstrate proficiency in six strokes: front crawl (freestyle), back crawl (backstroke), elementary backstroke, sidestroke, breaststroke, and butterfly - 25 yards per stroke. Tread water for 1 minute. All WSI’s hired by Gilbert will be reimbursed their course fee.

For more information call (480) 503-6200

Course Barcode Days Times Dates Complex Classes Fee
Lifeguard Training 15154 Fri,Sat,Sun 3/8 4-9pm, 3/9 9a-5p, 3/10 9a-5p March 8-10 Greenfield Jr. High Pool 3 $150
Water Safety Instructor 15155 Fri,Sat,Sun 3/29 4-9pm, 3/30 9a-5p, 3/31 9a-5p Mar 29-31* Greenfield Jr. High Pool 7* $150

Registration at www.gilbertrecreation.com starts 1/21. *WSI students must teach lessons for 8 hours after 3/31 to complete class. See class description online for these dates/times.