

LIFEGUARD PREP SWIMMING LESSONS

Designed to prepare children **11-14 years of age** to pass American Red Cross Lifeguarding prerequisite skills testing and the Northwest Lifeguard Preparation Course. Students will improve swimming stroke mechanics and endurance and learn water safety and specialty skills to prepare them to succeed in a lifeguard training course when they are old enough to register at 15 years old.

Lifeguard Prep Swimming lessons do NOT prepare participants to perform water rescues or certify participants as a lifeguard.

Courses are 5-week sessions:

8-10 lessons

Mondays and
Wednesdays OR
Tuesdays and Thursday

Each lesson is
30-minutes long in
competition pool or
dive tank

Up to 8 students per
course

Registration Cost: \$46.40 - \$58.00 (\$5.80 per class)

Lifeguard Prep Swimming Lessons are comprised of a Level 1 and a Level 2 course.

Lifeguard Prep Level 1 requires a Youth Level 4 placement to register.

Lifeguard Prep Level 2 requires a Youth Level 5 or higher placement to register.

New students must take a placement test prior to registration. Placement testing is available during Mentor Swim times as a drop-in only option. No appointments are taken for placement testing.

**To register: In-person or call (206) 477-4444
to ensure pre-requisite skills have been met.**

