

Ready to pass the lifeguard test? Come to a
Mentor Swim (drop-in or schedule an appointment)

MENTOR SWIMS



Mentor Swims are an opportunity for **ANYONE 14 years of age and older** to learn from and be coached by our highly experienced lifeguard and swimming instructor staff with the purpose of preparing them to pass American Red Cross Lifeguarding prerequisites and/or WKCAC facility skills testing.

No prior swimming experience or ability is required. If you are considering becoming a lifeguard, please attend!

We will meet you at your current skill level and build you up from there. Registration in an American Red Cross Lifeguard Training Course or intention to register is encouraged but it is not required to participate.

Mentor swims are FREE:

- 45-60 minutes long
- Up to 6 people per instructor at a time

Registration: Call (206) 477-4444 to schedule your swims. Walk-ins are also welcome as space allows.

	October	November	December
4:30 p.m. - 5:30 p.m.	1 2 3 4		
5:30 p.m. - 6:30 p.m.			
6:30 p.m. - 7:30 p.m.			
5:30 p.m. - 6:15 p.m.	7 9 14 16	4 5 6 7	2 3 4 5
6:15 p.m. - 7:00 p.m.	21 23 28 30	11 12 13 18	9 10 11 12
		19 20 21 25	16 17 18
		26 27	
12:00 p.m. - 1:00 p.m.	5 12 19 26	2 9 23	
1:00 p.m. - 2:00 p.m.			

Participants must check-in at the front desk to collect a mentor-swim pool pass before meeting with their instructor. Once on deck, the instructor or a lifeguard will collect the pass from the participant. Participants may not enter the water until a lifeguard is present and the instructor has given approval to do so. Participants must follow posted WKCAC pool and locker room rules and instructions from lifeguard staff.

kingcounty.gov/
lifeguard-trainings



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