



Teen Lifeguard Skills Clinic

in partnership with **SPLASHForward**

BELLEVUE AQUATIC CENTER

Friday Dates: Jan 2, Feb 6, Mar 6, Apr 3, May 1

Time: Skills Clinic 8-9 p.m.

Followed by FREE PIZZA Social from 9-9:30 p.m.

*If you qualify for the City of Bellevue's Scholarship Program the fee will be waived. To learn more go to bellevuewa.gov/scholarship.



Practice for Success!


- **Assess and enhance your swim skills.**
- **Learn the tips and tricks to successfully complete the prerequisites.**
 - Swim Endurance: 150 yd swim + 2 minute tread with no hands + 50 yd swim
 - Timed 10 lb Brick Recovery Swim
- **Learn basic rescues to give you a leg up at your certification class.**



REGISTER NOW

BellevueWA.gov/lifeguard-skills



 For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-7902 (voice) or email jguerra@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov. PCS-25-64834a

