



Winter/Spring 2023 Lifeguard Training

Take the Pre-Course Swim Test and see if you qualify!

MANDATORY PRE-COURSE TESTING

Must Complete to Register for the Lifeguard Class
**Conditioning, Stroke Improvement, and Testing available every
Wednesday night at 7:15 pm until classes start - Beg. Dec 7**

There is no cost to attend the pre-course sessions! Register on-line at register.pocatello.us or call 208-232-3901 x 2200 to register over the phone, or register in person at 144 Wilson.

Payment will be collected and your name added to the Lifeguard Training roster upon successful completion.

Prerequisite: Skill Testing includes:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs - hands must stay under armpits or out of water.
3. Complete a timed event within 1 minute, 40 seconds. Start in the water, swim 20 yards (face in or out of water, but no goggles allowed), Surface dive, to a depth of 8 ft. to retrieve a 10 # brick return the surface and swim 20 yards on the back to the starting point with both hands on brick and face at or near surface for breathing.

LIFEGUARD TRAINING CLASS - 3 classes available

100% ATTENDANCE REQUIRED (Fri & Sat of one weekend)

Class 3: Fri. Mar 31 (5:00-8:30 pm) & Sat. Apr 1 (9:30 am - 4:30 pm)
Class 4: Fri. Apr 21 (5:00-8:30 pm) & Sat. Apr 22 (9:30 am - 4:30 pm)
Class 5: Fri. Apr 28 (5:00-8:30 pm) & Sat. Apr 29 (9:30 am - 4:30 pm)

Cost: \$150/Class***

***Lifeguards hired by the City can earn \$100 Certification Payback Incentive at the end of the season by fulfilling the following requirements: Work a minimum of 200 hours, receive no verbal/written misconducts and work to the end of the season (8/20/2023) or a mutually agreed upon termination date.

Certifications (valid for 2 years) Earned Upon Successful Completion:

American Red Cross Lifeguard Training, CPR/AED for Lifeguards, and First Aid

Red Cross Age Requirement 15 years and older

Registration limited to 8 students/class who successfully complete the pre-course test and who pay the registration fee. All others will be placed on the waitlist and get first opportunity to sign up for future lifeguarding classes

**Pre-course sessions and Lifeguard Training class held at the
Community Recreation Center - 144 Wilson Ave - 208-232-3901 x 2200**

Please Note:

Taking this course does not guarantee being interviewed or hired by the City of Pocatello Aquatic facilities. Hiring of certified lifeguards by our facilities is a very competitive process of interviews and skill testing.