



LIFEGUARD CLASS

- Course Dates:** October 21, 22, 23, 29, & 30
- Times:** Fri 5pm-8pm; Sat & Sun 8am-5pm
- Prerequisites:**
- Swim 300 yards continuously using front crawl and breaststroke. Goggles may be used.
 - Tread water using only the legs for 2 minutes, while holding the hand under the armpits.
 - Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7—10 feet, retrieve 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. Goggles may not be used.
- Cost:**
- City of Clermont Resident - \$250.00
 - Non-Resident - \$300.00

Register at the Clermont Arts & Recreation Center by Oct 18th.



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**CITY OF CLERMONT
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CENTER**

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