

Please review the course requirements below for the Shallow Water Lifeguarding course as well as Full Lifeguarding Course.

The skills below will be tested on Day 3 Pool Day.

Practicing the skills before class is strongly recommended.

Shallow Water Lifeguarding Course (<5 feet of water)	Full Lifeguarding Course (>5 feet of water)
<p>Course is ideal for:</p> <ul style="list-style-type: none"> Lifeguards working at most hotel pools, spas, resorts with 5 feet of water depth or less. 	<p>Course is ideal for:</p> <ul style="list-style-type: none"> Lifeguards working at community or recreation center pools with water exceeding 5 feet depth. Hotels: Wynn, Bally's, Mandalay Bay, Circus Circus
<ol style="list-style-type: none"> Swim 100 yards (4 laps) continuously demonstrating breath control and rhythmic breathing. - You 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. Tread water for 2 minutes using only the legs. You should place your hands under the armpits. Complete a timed event within 50 seconds. <ul style="list-style-type: none"> Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water. Exit the water without using a ladder or steps. 	<ol style="list-style-type: none"> Swim 300 yards (12 laps) continuously demonstrating breath control and rhythmic breathing. - You 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. Tread water for 2 minutes using only the legs. You should place your hands under the armpits. Complete a timed event within 1 minute, 40 seconds. <ul style="list-style-type: none"> Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 feet or greater to retrieve a pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.