

FAQs

What is the minimum age requirement? You must be 15 years of age on or before the final day of the course.

How do I register? Each class will have its own registration date and time. **YOU MUST COME IN AND REGISTER IN PERSON. NO PHONE REGISTRATIONS ACCEPTED!** (Only 10 Participants Accepted Per Class)

When do I pay and how much? Payment is due the first day of class once the participant completes the pre-course swim tests. Cost \$125.00

What is the pre-course swim test? All participants must complete and pass both swim tests prior to starting the class. There are three skills you must successfully complete.

- 300 yard (6 laps) continuous swim using the front crawl, breaststroke or a combination of both and demonstrate rhythmic breathing. Swimming on back or side is not permitted. Swim goggles ARE allowed.
- Tread water for 2 minutes without stopping, using only the legs, hands must be placed under armpits.
- 10 pound brick test: swim 20 yards using front crawl or breaststroke, when the brick is beneath you in the water, surface dive feet first or head first in 7-10 feet of water to retrieve the 10 pound brick, return to the surface and swim 20 yards on your back with both hands on the brick back to the starting point, exit without using a ladder or steps. Goggles ARE NOT ALLOWED.

Are these timed events? The 300 yard swim is not, but you may not rest once you have started. The 10 pound brick test must be completed within 1 minute 40 seconds, and you must tread water for 2 minutes without stopping..

Can I miss any days? All classes are mandatory as the instructors will not be able to go back over any sections of the course.

What certifications will I receive? After successful completion of the course, you will receive certification in Lifeguard Training/First Aid/CPR/AED (valid for 2 years).

Can I get a job with the county? Although we would like to hire everyone from our classes, not everyone can be employed with the county. The American Red Cross Lifeguard Training Certification is nationally recognized and the certification is accepted at most facilities.



American
Red Cross

For more information on
upcoming programs and
activities please visit our
website:

www.wcparksandrec.com

WILLIAMSON COUNTY
PARKS & RECREATION

Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

Phone: 615-370-3471 Ext. 2122

E-mail: KristinP@williamson-tn.org



2017 Lifeguard Training Courses



LIFEGUARD
TRAINING 2017

WILLIAMSON COUNTY
PARKS & RECREATION

**Indoor Sports Complex
Lifeguard Training Classes**

Class #1: "Early Bird":

When: February 18th - March 4th

Days class will Meet: Every Monday, Wednesday, and Saturday (No Class on 2/20)

Times: Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. January 28th at 12:00 noon at I.S.C.

Class "Spring Break":

When: March 18th - March 23th

Days Class Will Meet: Saturday March 18th and Everyday March 20th thru March 23rd

Times: 9:00 am– 5:00 pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. February 25th at 12:00 noon at I.S.C.

Class #3 "Last Chance"

When: April 22nd—May 6th

Days class will meet: Every Monday, Wednesday, and Saturday

Times: Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. April 1st at 12 noon at I.S.C.

Registration and classes in this column will be held at I.S.C. in Brentwood!



**Longview Rec. Center
Lifeguard Training Classes**

Class "Spring Break"

When: March 18th - March 23rd

Days Class Will Meet: Saturday March 18th and Everyday March 20th thru March 23rd

Times: 9:00am– 5:00pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. February 25th at 12:00 noon at Longview Recreation Center

Class #2 "Last Chance"

When: April 22nd - May 6th

Days class will meet: Every Monday, Wednesday, and Saturday

Times: Mondays and Wednesdays 5:00 pm–9:00pm /Saturdays 9:00am– 5:00pm

Cost: \$125.00 Includes all materials.

Registration: Will begin Sat. April 1st at 12 noon at Longview Recreation Center

W I L L I A M S O N C O U N T Y
P A R K S & R E C R E A T I O N

Longview Recreation Center
2909 Commonwealth Drive
Spring Hill, TN

Phone: 615-302-0971 Ext. 2222
E-mail: TarraF@williamson-tn.org

Registration and classes in this column will be held at Longview! With the exception of the first day of training will be at I.S.C Brentwood

**Indoor Sports Complex
Lifeguard Training Class**

Attention:

**As of January 2017
American Red Cross Does
not offer Lifeguard/CPR
Review Course**



2017

**Fall Break Class
October 11th-14th
Wednesday-Saturday**

Registration: Will begin Sat. September 16th at 12 noon at Indoor Sports Complex

W I L L I A M S O N C O U N T Y
P A R K S & R E C R E A T I O N

Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

Phone: 615-370-3471 Ext. 2122
E-mail: KristinP@williamson-tn.org