

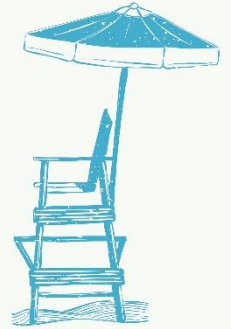


MENTOR COMMUNITY RECREATION CENTER

6000 Heisley Road, Mentor, Ohio 44060 • (440) 255-1100 • www.cityofmentor.com

Shallow-Water Lifeguard Certification Course

Get your American Red Cross training and learn to be a lifeguard. Students must attend all classes and pass both written & practical tests to receive certification. Included in the course is Lifeguarding, First Aid & CPR for Professional Rescuer. Students must be at least 15 years old by the last day of class. Students must pass both written and skill tests to become certified. Students must be in attendance during all class times. The following prerequisites will be tested the first day of class. Students who do not meet these minimum requirements will not be permitted to continue with the course but will receive a refund:



1. Student must swim 300 yards, continuously, demonstrating breath control and rhythmic breathing. Candidates must swim using the front crawl, breast stroke and a combination of both but swimming on the back or side is not allowed.
2. Student must tread water for 2 minutes using only legs. Candidates place their hands under their armpits.
3. Student must complete this event within 1 minute, 40 seconds: Starting in the water, swim 20 yards with face in or out of water. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object then return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface (candidates may not swim the distance under water). Last, exit the water without using a ladder or rope. Swim goggles may not be used for this drill.

Location: Mentor Community Recreation Center – 6000 Heisley Road

Please call 440-974-5720 to register and pay for the class.

Blended Learning Class:

1. Online course work Dates: Must be completed between July 25 and July 31

Fee: \$175.00 Residents \$225.00 Nonresidents

In-person skills & testing Dates:

Thursday, Aug 1 9:00a – 5:00p

Friday, July 28 9:00a – 5:00p

Please call 440-974-5720 to register and pay for the class. Space is limited so please call as soon as you can. Once we get you registered in the system and you become certified as a lifeguard, we can then proceed with the hiring process. We hope you can join us.

Certification Reimbursement

We will refund the total amount of the Lifeguard Certification Course (\$175.00 or \$225.00) at the end of a 6-month commitment at MCRC and the job requirements are met. Job requirements include working: 10+ hours per week including day or night and weekend hours, and participating in the monthly in-service trainings.

Participant Name: _____ DOB: _____

Participant Phone #: _____ Participant Email: _____