



Lifeguard Training for Ajo Pool

March 7th – 18th, 2020

This course is for Ajo residents that intend to work for Pima County in the summer of 2020.

Material covered will include American Red Cross Lifeguard Training. Participants must be at least 15 years old to take the class (must be 16 years old by May 1, 2020 to work for Pima County). Class size is limited to the first 10 participants registered. ***Minimum number of participants to run the class is 5. The class fee is \$50.00 and is non-refundable once pre-requisites have been completed.***

Course Prerequisites:

- 300 yard swim demonstrating breath control and rhythmic breathing. May use front crawl, breaststroke or combination of both. Swim goggles are allowed.
- Tread water for 2 minutes without support & without stopping, using only the legs, hands placed under the armpits, head must remain above the surface of the water.
- Timed event: starting in water, swim 20 yards (no goggles), surface dive to retrieve 10 pound brick, return to surface and swim 20 yards on back to starting point with both hands holding the brick and keeping the face at or near the surface. Exit the water without using a ladder or steps. Must be completed in 1 min 40 seconds.

Saturday March 7th 7:00am to 7:00pm

A van will leave the Ajo Community Center at 7am & return at approximately 7pm.

- Swimming Pre-Requisites will be done at Thad Terry Aquatic Center at 7770 N. Shannon Rd. at 10:00am.

- Lifeguard videos, and discussion/activities will be done at the NRPR Offices at 3500 W. River Rd. Tucson, Az. from 11am to 4pm (Bring food to eat while driving to and from class).

Saturday March 14th 10:00am to 9:00pm

(Thad Terry Aquatic Center: 7770 N. Shannon Rd. Tucson, Az)

A van will leave the Ajo Community Center at 10am & return at approximately 9pm.

(Class is from 1:00pm - 6:00pm, bring food to eat while driving to and from class)

- Lifeguard Rescue Skills (water practice)

Sunday March 15th 9:00am to 5:00pm

(Ajo Community Center: 290 5th St. Ajo, Az.)

- CPR/AED/First Aid Skills and written exam - lunch break at approximately 12:30pm

Monday March 16th 12:00pm to 11:00pm

(Thad Terry Aquatic Center: 7770 N. Shannon Rd. Tucson, Az)

A van will leave the Ajo Community Center at 12pm & return at approximately 11pm.

(Class is from 3:00pm - 8:00pm, bring food to eat while driving to and from class)

- Lifeguard Rescue Skills/Scenarios (water practice)

Tuesday March 17th 12:00pm to 11:00pm

(Thad Terry Aquatic Center: 7770 N. Shannon Rd. Tucson, Az)

A van will leave the Ajo Community Center at 12pm & return at approximately 11pm.

(Class is from 3:00pm - 8:00pm, bring food to eat while driving to and from class)

- Lifeguard Rescue Skills/Scenarios (water practice)

Wednesday March 18th 12:00pm to 11:00pm

(Thad Terry Aquatic Center: 7770 N. Shannon Rd. Tucson, Az)

A van will leave the Ajo Community Center at 12pm & return at approximately 11pm.

(Class is from 3:00pm - 8:00pm, bring food to eat while driving to and from class)

- Review of all Water Skills, Written Exam and Final Skills Scenarios

TO REGISTER:

Visit www.pima.gov/nrpr and follow the online registration link - **Class #9828** Registration deadline is

Wednesday March 4th. The \$50 fee is payable by credit card only. For Questions, call Jodi Layton at (520)724-5171.