

**COLUMBUS PARKS & RECREATION
2010 LIFEGUARD TRAINING CLASSES
FOR MORE INFORMATION CALL 706-225-4646**

AMERICAN RED CROSS CERTIFIED CLASSES

TIME	LOCATION	CLASS DESCRIPTION	LIFEGUARD	LIFEGUARD	LIFEGUARD
			I	II	III
9am-9pm	COMER	The Professional Lifeguard and Injury Prevention Patron Surveillance and Emergency Preparation Patron Surveillance and Emergency Preparation (Continued) Rescue Skills Exam 1 - Section 1 - Recognition and Response	13-Feb SAT	20-Mar SAT	17-Apr SAT
9am-9pm	COMER	Before Providing Care Breathing and Cardiac Emergencies Breathing and Cardiac Emergencies (Continued) Two-Rescuer CPR and AED Two-Rescuer CPR and AED (Continued) Exam 2 - Section 2 - CPR/AED for the Professional Rescuer Oxygen Administration Exam 3 - Oxygen Administration First Aid Injuries to Muscles, Bones, Joints and Caring for Head and Neck Exam 4 - Section 3 - First Aid and Head, Neck and Back Injury	20-Feb SAT	27-Mar SAT	24-Apr SAT
6pm-9pm	TBA	300 yard Swim - 100-Front Crawl 100-Breast Stoke 100-Either Stroke 1min 40sec Brick Retrieval - 20yrd swim, surface dive 10-12ft, return and get out of the pool Entries, Strokes, Approches, Assists, Active/Passive Rescues	3-May MON	3-May MON	3-May MON
6pm-9pm	TBA	300 yard Swim - 100-Front Crawl 100-Breast Stoke 100-Either Stroke Passive Submerged Victim Shallow/Deep Water, Multiple Victim, Release, Escapes, Blocks	4-May TUE	4-May TUE	4-May TUE
6pm-9pm	TBA	300 yard Swim - 100-Front Crawl 100-Breast Stoke 100-Either Stroke Inline stabilization Shallow/Deep Water, Land Back Boarding	5-May WED	5-May WED	5-May WED
6pm-9pm	TBA	300 yard Swim - 100-Front Crawl 100-Breast Stoke 100-Either Stroke Backboarding Shallow/Deep Water, Scenero 1, 2, 3	6-May THU	6-May THU	6-May THU

COST: \$150.00 COURSE LENGTH: 33-36 Hours

CERTIFICATION REQUIREMENTS
Must Attend All Class Periods (Make-Ups may be coordinated with the Instructor)
Must Complete All Skills to American Red Cross Standards
Must Pass All Written Tests with a Grade of 80% or Higher

AMERICIAN RED CROSS CERTIFICATIONS TO BE OBTAINED

Lifeguarding/Standard First Aid	Expires in 3 Years
CPR for the Professional Rescuer (CPRO)	Expires in 1 Year
Automated External Defibrillation (AED)	Expires in 1 Year
Oxygen Administration	Expires in 1 Year
Disease Transmission Prevention (DTP)	Does Not Expire

TRAINING LOCATIONS
 DAT POOL-DA Turner YMCA located at 4384 Warm Springs Road Columbus GA 31909
 DT POOL-Downtown YMCA at 118 11th Street, Columbus GA 31901
 COMER GYM-Comer Gym located at 107 41st Street Columbus GA 31904
 DC POOL-Double Churches Pool located at 2300 Double Churches Road 31904