



October 2nd, 2023

Dear Interested Applicant,

The Centralia Recreation Complex will be offering an American Red Cross Lifeguard Certification Class. To be eligible for the Lifeguard Training Course, the candidate must be 15 years of age on or before the class begins. If in the future, you plan on working at a waterpark you will need the waterpark module. For example, if you plan to work for the city of Salem or the Centralia Recreation Complex, you will need the waterpark module. The candidate must also successfully complete the following swimming prerequisites:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing.

- Candidates 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.

2. Tread water for 2 minutes using only the legs.

- Candidates should place their hands under the armpits.

3. Complete a timed event within 1 minute, 40 seconds. *

■ starting in the water, swim 20 yards. The face may be in or out of the water, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object, 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 so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder.

- *Swim goggles are not allowed.*

The prerequisite swim will be held on the following dates:

Monday October 16th 4pm

Thursday October 26th 4pm

Wednesday November 15th 4pm

Wednesday October 18th 4pm

Monday November 6th 4pm

Thursday November 30th 4pm

Please contact Jennifer Lyons at 618-532-3214 or jennifer@centraliarecreationcomplex.com for any questions.

After successfully passing the pre-course, you will be expected to pay **\$225.00** to secure your class registration to the Centralia Recreation Complex. We will only be able to accept so many participants in a class. After passing the pre-course and registering with the front desk with your payment, you will be given a packet of information. In the information will be the information as to where to go to register with the American Red Cross and the worksheets you will need to complete before the first day of class. Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete the online session of your training two days prior to your classroom skills session and the activity worksheets. **You must bring in a printout of online completion or you will not be accepted into class.** The class dates:

Wednesday December 27th 8:00am to 5:00pm

Thursday December 28th 8:00am to 5:00pm

Friday December 29th 9:00am to 5:00pm

If you are no longer interested in taking the class, please notify us so we can take your name off the mailing list.

Thank you,

Jenn Lyons

Jenn Lyons
Lifeguard Instructor