

# NOW HIRING LIFEGUARD CLASSES



## AGE & WORKING CONDITIONS

- 15+ years of age or older to take classes
- Conveys and exchanges verbal and written information
- Physical tasks: walking, standing, sitting and swimming rescues
- Walking on various surfaces that may be slippery
- Work may be performed outdoors in various weather
- Lifting, moving or carrying objects up to 50lbs
- May come into contact with pool chemicals
- May work evenings, weekends and holidays

*The Washoe County School District or the Board of Trustees neither endorses nor sponsors the organization or activity represented in this document. The distribution of this material is provided as a community service.*

### Northwest Pool - 2925 Apollo Way

\$80 for Non-City of Reno Employees | \$46 for City of Reno Employees

Minimum of 3 and maximum 10 participants

February	March <i>Winter Break for WCSD</i>	April	May
Feb. 26: 5pm-10pm	Mar. 15: 9am-3pm	Apr. 10: 11am-5pm	May 19: 4pm-9pm
Feb. 27: 12pm-8pm	Mar. 16: 9am-3pm	Apr. 11: 11am-5pm	May 20: 4pm-9pm
Feb. 28: 12pm-8pm	Mar. 17: 9am-3pm	Apr. 17: 11am-5pm	May 21: 4pm-9pm
	Mar. 18: 9am-3pm	Apr. 18: 11am-5pm	May 22: 9am-5pm
	Mar. 23: 9am-3pm		
	Mar. 24: 9am-3pm		
	Mar. 25: 9am-3pm		
	Mar. 26: 9am-3pm		

*You must attend all dates in a session to obtain certification*

Lifeguard training is offered in the spring, fall and winter by certified American Red Cross trainers. The minimum age for Lifeguard Training is 15. Once certified, participants are eligible to work in the City of Reno aquatic centers or they can take their certification to another aquatic facility. For dates or more information call Lauren Kaz at (775) 657-4651 or email KazL@Reno.Gov.

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants must attend all classes within the selected session.

### Prerequisites

- Continuously swim 300 yards
- Tread water for 2 min using only legs
- Complete a timed event within 1 min 40 sec:
  - Swim 20 yds > Surface dive to 7-10 ft to retrieve a 10-lb object > Swim 20 yds on back to starting point > Exit water without using a ladder or steps
- Register at any City of Reno Aquatics facility or by calling (775) 334-2262

