

2024 LIFEGUARD TRAINING COURSE

Required Materials: Swim attire, towel, goggles for pre-requisite swim testing, lunch/snacks for all sessions. Any participant will also need to bring a release waiver to the first class, those under 18 will require a parent/guardian signature.

COURSE LOCATIONS

Massanutten WaterPark

1200 Adventure Dr. •McGaheysville, VA
22840

COURSE DATES & INFO

Wednesday • 5/29/24 • 4:00 - 9:00 pm

At Massanutten WaterPark

- Prerequisite Skills Evaluation
- Introduction to the course, verification of age & online content completion
- Review of Select Lectures & Videos, Lessons 1-3
- 25 yard swim
 - Goggles may be used. Freestyle or breaststroke or both and rhythmic breathing must be demonstrated
- Maintain position for 1 minutes
 - Can tread water or float to achieve this
- Submerge to depth of 3 feet & retrieve a 10 pound object
 - No goggles may be used. Participant will swim or walk 20 yards to retrieve the object, and swim or walk back to return to the starting area, then exit the water without using a ladder.

Saturday • 6/1/24 • 8:30 am - 4:30 pm

At Massanutten WaterPark

- Water Skills, Lessons 4-6
- Land Skills, Lessons 5-6
- Review of Lessons 1-3

Wednesday • 6/5/24 • 4:00 pm - 9:00 pm

At Massanutten WaterPark

- Water Skills, Lessons 8-9
- Land Skills, Lesson 7
- Review of Lessons 4-6

Saturday • 6/8/24 • 8:30 am - 4:30 pm

At Massanutten WaterPark

- Waterpark Skills & Administering Emergency Oxygen
- Final In-Water Scenario Tests
- Written Administering Emergency Oxygen Test
- Written Lifeguard Skills Test



Course Schedule: Aquatic Attraction Lifeguarding w/ Oxygen & Waterpark Module

Come prepared to swim at all sessions unless otherwise instructed. Please bring drinks, snacks, extra clothes, swimsuit, and towels with you to each class. Call ahead if you think you will be late. Class starts promptly at scheduled time. Payment for registration is due on or before the first class, remaining balance should be paid before start of second class session.



**Course locations subject to change. You will be notified of any changes by your instructor.*

ATTENDANCE IS MANDATORY AT ALL SESSIONS

