

# 2024 LIFEGUARD TRAINING COURSE

**Required Materials:** Swim attire, towel, goggles for pre-requisite swim testing, lunch/snacks for all sessions. For all blended learning courses, you will receive the link one week prior to the start of the course. 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 Fitness & Rec Club

4160 Del Webb Dr. •Massanutten, VA 22840  
540.289.4987

### Massanutten WaterPark

1200 Adventure Dr. •Massanutten, VA 22840  
540.437.3340

## COURSE DATES & INFO

### Wednesday • 5/8/24 • 4:00 pm - 9:00 pm

#### At Massanutten Fitness & Rec Club

- Prerequisite Skills Evaluation
- Introduction to the course, verification of age & online content completion
- Review of Select Lectures & Videos, Lessons 1-3
- 200 Meter Swim
  - Swim 150 meters, tread water for 2 minutes, followed by a 50 meter swim
  - Goggles may be used. Freestyle or breaststroke or both and rhythmic breathing must be demonstrated
- Submerge to depth of 7-10 feet & retrieve a 10 pound object
  - No goggles may be used. Participant will swim 20 yards to retrieve the object, and swim on their back to return to the starting area, then exit the water without using a ladder.

### Saturday • 5/11/24 • 8:30 am - 6:00 pm

#### At Massanutten Fitness & Rec Club

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

### Sunday • 5/12/24 • 8:30 am - 6:00 pm

#### At Massanutten Fitness & Rec Club

- Water Skills, Lessons 8-9
- Land Skills, Lesson 7
- Review of Lessons 4-6
- Final In-Water Scenario Tests
- Written Lifeguard Skills Tests

### Tuesday • 5/14/24 • 4:00 pm - 9:00 pm

#### At Massanutten Water Park

- Waterpark Skills & Administering Emergency Oxygen
- Written Administering Emergency Oxygen Test
- Written Waterpark Lifeguarding Test



### Course Schedule: Blended Learning 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\***

