



# Fort Jackson Lifeguard Training Classes 2012

## **Knight Swimming Pool 3296 Magruder Ave.**

- Session 1:** Jan 20, 21, 22, 28, 29
- Session 2:** Feb 10, 11, 12, 18, 19
- Session 3:** (Weekly Session) Feb 20-24
- Session 4:** Mar 2, 3, 4, 10, 11
- Session 5:** Mar 23, 24, 25, 31, Apr 1
- Session 6:** (Weekly Session) Apr 2-6
- Session 7:** April 13, 14, 15, 21, 22
- Session 8:** May 11, 12, 13, 19, 20
- Session 9:** (Weekly Session) June 4-8



Classes run: Friday 1600-2100, Saturdays 0800-1800, Sundays 1300-1800 for Weekend Sessions and Monday-Friday 0800-1600 for Weekly Sessions.

Cost: \$125.00 for ID Card Holders and \$175.00 for Non-ID Card Holders.

Each lifeguard training class (once completed) includes American Red Cross certifications in Lifeguarding, First Aid, CPR and AED administration.

Class may be canceled if minimum enrollment is not met so SIGN UP TODAY! Please register at the Solomon Center, Marion Street Station or register online at Fort Jackson Recreation Online, <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>.

The following test will be given on the first day of class and must be passed in order to continue.

Swim 300 meters continuously using the following strokes: 100 meters front crawl (freestyle) using rhythmic breathing with a propellant kick; 100 meters breaststroke using a pull, breathe, kick, glide sequence; 100 meters choice between front crawl and breaststroke, there is no time requirement for this skill. Swim 20 meters using one of the two strokes mentioned above; surface dive to minimum depth of 7 feet, retrieve a 10 pound object and return to the surface; swim back to the starting point and get out without using a ladder. When returning to the starting point, candidate must hold the object out of the water with both hands while swimming on their back. Candidate must accomplish this with their face above the water and within 1 minute and 40 seconds.

For more information call Knight Swimming Pool at 751-4796.



**Designed and printed by the Marketing Division.**

*For Special Offers Exclusively for DoD ID Cardholders Text JACKSON1347 to ValPak (825725).*