

American Red Cross Lifeguarding Course

Gain the knowledge and skills to save lives and get a great job! Course includes deep water certification and is involves both self-study online training and hands-on practice at the pool with experienced instructors.

Participants must be at least 15 years old on or before the last day of class. Candidates also must be mature and able to complete the swim prerequisites listed below.

Visit Currents to complete the swim pre-test **before** registering. Successful participants will receive national certification in American Red Cross Lifeguarding (including deep water), CPR/AED, and First Aid.

Please note—this course will have online components that must be completed before the first day of class! You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of class.

Swim Prerequisites

- Swim 150 yds using front crawl and/or breaststroke, tread water 2 minutes using only legs, and then swim 50 yds using front crawl and/or breaststroke.
- Timed event in under 1 min 40 sec: Swim 20 yds, surface dive to a depth of 8.5 feet & retrieve a 10lb. brick, and swim 20 yds on back with brick.
- Demonstrate maturity and self-control.

Fee: \$100 (Sorry, no CityCard discount.) Fee includes use of online course material, loaner copy of the *American Red Cross Lifeguard Manual*, and American Red Cross certification fee.

All courses held at Currents Aquatics Center

Apply for a lifeguard position at www.ci.missoula.mt.us/jobs. Successful applicants are reimbursed for this course!

DAYS	DATES	TIME	ACTIVITY #	SECTION #
Mon–Fri	Apr 6–10	Mon–Thur, 6–9 pm	1151700	4EVE12
Tues–Sat	May 26–30	Tues–Fri, 4–7 pm Sat, 11 am–8 pm	2151700	1PM23
Mon–Fri	June 1–5	4:30–9 pm	2151700	1EVE10
Mon–Frii	June 15–19	4:30–9 pm	2151700	2EVE10

American Red Cross Lifeguarding–Review/Refresher Course

Renew your American Red Cross Lifeguard Certification through this shorter course!

Candidates must have a current American Red Cross Lifeguard Certification and must be mature and able to complete the swim prerequisites below. Stop by Currents and complete the pre-test **BEFORE** you register.

NOTE: Apply for a lifeguard position at www.ci.missoula.mt.us/jobs . . . successful applicants are reimbursed for this course!

Swim Prerequisites

- Swim 150 yds using front crawl and/or breaststroke, tread water 2 minutes using only legs, then swim 50 yds using front crawl and/or breaststroke.
- Timed event in under 1 min 40 sec: Swim 20 yds, surface dive to a depth of 8.5 feet & retrieve a 10lb. brick, swim 20 yds on back with brick.
- Proof of unexpired American Red Cross Lifeguard certification.

Please note—this course will have online components which must be completed prior to the first day of class! You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of the class.

Fee: \$90 (Sorry, no CityCard discount.) Fee includes use of the online course material, a loaner copy of the *American Red Cross Lifeguard Manual*, and American Red Cross certification fee.

Questions? Please email Aquatic Program Assistant Emily Reitz at ReitzE@ci.missoula.mt.us.

Activity # 2153000		Currents Aquatics Center	
DAY	DATE	TIME	SECTION #
Sat	May 16	8 am – 5 pm	4DAY7

American Red Cross Water Safety Instructor

To be eligible for this course, candidates must be at least 16 years old on or before the final day of class and demonstrate maturity and self-control. Candidates must also be able to perform skills that meet at least the American Red Cross Learn-to-Swim Level 4 criteria during the pre-course session (on the first scheduled day).

A course book will be provided on the first day of class. Successful participants will receive the Water Safety Instructor Certificate, recognizing them as qualified to teach courses within the American Red Cross Learn-to-Swim and Water Safety programs.

Fee: \$180 (Sorry, no CityCard discount.)

*Classes are added based on interest.

Apply for a WSI position at www.ci.missoula.mt.us/jobs. Successful applicants are reimbursed for this course!

Activity #1152100 **Currents Aquatics Center**

DAY	DATE	TIME	SECTION #
Mon-Thur	April 6-9	11am-6pm	4DAY10



IDEAL 7.6
7.2
2.2 1.0
1.3 0.6
0.4 0.2

WONDERING ABOUT WATER SAFETY?

Your health matters.

Splash, Currents and City splash decks:

- Meet or exceed state water quality standards.
- Are tested throughout the day by certified staff.
- Undergo regular inspection by Missoula Public Health.

LEARN MORE

