

The Plymouth Aquatic Center is offering a ... (2019)

Red Cross ~ Blended Learning Lifeguard Course at PHS

Swimming Test & Prerequisites

● Minimum age of 15 (must turn 15 by June 1 to be employed at the PAC)

● SWIMMING TESTS

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards - face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object
- Return to starting point with 10-pound object



Class Dates and Times* (pool portion of the class will be done at Plymouth HS)

- Sunday, April 7 ~ 11:00 am - 5:00 pm
- Sunday, April 14 ~ 11:00 am - 5:00 pm
- Saturday, April 20 ~ 2:00 pm - 6:00 pm

Swimming and Skills Test must be completed before you register for the class. Please contact Terese Carroll @ terese Carroll65@gmail.com to set up a Swimming and Skills Test.

**** There is approximately 8-10 hours of online classwork that must be completed before the first class on Saturday, April 7. The online work is in addition to the class times listed above. Information about online course registration and materials will be provided after applicants have successfully completed the swim tests.**

Contact Terese Carroll @ 920-912-4743 or Gina Krueger @ 920-838-3402 to sign up for a course or if you have questions.