

### Lifeguard Training Pre-Course

Always wanted to be a lifeguard but wasn't sure you had what it takes? Then the Bob L. Burger Recreation Center has the class for you! You'll be able to practice all the skills necessary to get ready for the lifeguard training course including the 300 yard swim of breaststroke or freestyle, treading water for 2 minutes without your hands, and getting a 10 pound brick from the bottom of the 10 foot with a certified instructor. The class is twice a week and is offered two weeks before each lifeguard training course. This is an optional class for participants who are interested in practicing those skills necessary to take lifeguard training.

Code	Cost	Day	Time	Date
243002-A	\$20	Tues/Thur	4-4:45pm	12/11, 13, 18, 20
313002-A	\$20	Tues/Thur	4-4:45pm	3/12, 14, 19, 21
313002-B	\$20	Tues/Thur	4-4:45pm	4/2, 4, 9, 11

### Lifeguard Training

The American Red Cross Lifeguard class includes CPR/AED for the professional rescuer, all you need to become a certified Lifeguard!  
**PREREQUISITES:** 15 years of age by the end of the class, swim 300 yards utilizing front crawl and breaststroke and swim 20 yards, surface dive to 10 feet of water to retrieve a 10-pound brick from bottom of pool, return to the surface and swim 20 yards back to the starting point with the brick. You must attend every class to receive an American Red Cross Certification.

**Please register early to prevent class cancellation.**

Code	R/NR	Day	Time	Date
243000A	\$170/\$195	Daily	9am-4pm	12/26-30
313000A	\$170/\$195	Daily	9am-4pm	3/25-29
313000B	\$170/\$195	Sat & Sun	9am-4pm	4/13, 14, 20, 21, 27

\* Pretest scheduled for Dec.21 March 22 and April 12, 5-6 pm.

### Water Safety Instructor Class

**PRE-REQUISITE:** 16 yrs old on or before the last day of class. Demonstrate proficiency of Front & Back Crawl, Breaststroke, Sidestroke, Elementary Backstroke and Butterfly. Learn the techniques and skills necessary to be an American Red Cross Instructor. FIT certification is included with this class. You must attend every class to successfully receive an American Red Cross Certification.

Code	R/NR	Day	Time	Date
313030A	\$175/\$200	Tue-Sat	9am-5pm	5/28-6/1

### Mileage Club Rewards

Get rewarded for your swimming and river walking mileage. Just track your miles on the cards provided near the aquatic offices and turn in the reward form when you reach a milestone.

#### MILESTONES:

25/50/75 Miles	Shirt and Certificate
100 Miles	Hat, Hat Pin and Certificate
200/300/400/500 Miles	Hat Pin and Certificate
1000 Miles	Blanket and Certificate

#### MAKING THE MILES:

72 lengths =	1 mile in lap pool
36 laps =	1 mile in the river pool

For more information regarding the Mileage Club, contact Jeff Richards at 303-665-0469, or email at [jeffr@cityoflafayette.com](mailto:jeffr@cityoflafayette.com).

### Masters Swim Team

Masters Swimming is a great way to swim in an adult-only program. Structured workouts will be provided by the coaches. You will workout at your level and ability in a program where every swimming ability is welcome. If you can't make practice and still want a work out, stop by the guard office for a copy of the morning workout .

**Participants should register early to guarantee that the minimum participant count is met.**

**COACH:** SIMON BUTTERWORTH

**PRACTICES:** MON/WED/FRI; 5:45-6:45 A.M.

**SPRING SESSION:** 1/7 - 4/26

Code	# Practices	Cost
313010-A	Full-time	\$60 + daily admission
313011-A	Part-time	\$38 + daily admission
n/a	Drop-in	\$2 + daily admission

**COACH:** GREG NEMICK

**PRACTICES:** SUN; 8:15-9:30 A.M.

**SPRING SESSION:** 1/6 - 4/21

Code	# Practices	Cost
313015-A	Full-time	\$18 + daily admission
313016-A	Part-time	\$12 + daily admission

