

AQUATIC CERTIFICATION CLASSES

Lifeguard Certification

For lifeguard candidates without current lifeguard certification. Students successfully completing the course receive First Aid/CPR and Ellis & Associates Lifeguard certifications. Classes held at Columbia, EPCC, or Mt. Scott Pool.

Prerequisites: Must be able to swim 200 yards, recover a brick at 9 feet, and tread water with arms up for 2 minutes. Must be age 15 or older by first day of class.

Bring to Class: Swim suit, towel, paper, pencil, notebook, food, water, warm clothes, and verification of age.

Cost:

- \$150 (classes limited to 32 students)
- \$100 for lifeguards with current ARC or YMCA lifeguard certification, and current PP&R employees with Swim Instructor/Water Fitness Instructor certifications
- \$200 (Total price if register for Lifeguard Certification and Swim Instructor Training)

290892 Held at Mt. Scott Pool
 Sun 8:00am-4:00pm 12/27
 Mon 8:00am-4:00pm 12/28
 Tue 8:00am-4:00pm 12/29
 Wed 8:00am-4:00pm 12/30

290893 Held at EPCC Pool
 Sun 1:00pm-9:00pm 12/27
 Mon 1:00pm-9:00pm 12/28
 Tue 1:00pm-9:00pm 12/29
 Wed 1:00pm-9:00pm 12/30

290894 Held at Columbia Pool
 Sat 8:00am-4:00pm 1/23
 Sun 8:00am-4:00pm 1/24
 Sat 8:00am-4:00pm 1/30
 Sun 8:00am-4:00pm 1/31

290895 Held at Columbia Pool
 Sat 8:00am-4:00pm 2/20
 Sun 8:00am-4:00pm 2/21
 Sat 8:00am-4:00pm 2/27
 Sun 8:00am-4:00pm 2/28

290924 Held at Columbia Pool
 Mon 8:00am-4:00pm 3/22
 Tue 8:00am-4:00pm 3/23
 Wed 8:00am-4:00pm 3/24
 Thur 8:00am-4:00pm 3/25

290925 Held at EPCC Pool
 Mon 1:00pm-9:00pm 3/22
 Tue 1:00pm-9:00pm 3/23
 Wed 1:00pm-9:00pm 3/24
 Thur 1:00pm-9:00pm 3/25

Swim Instructor Training

Required for PP&R Swim Instructors. Students successfully completing the training program receive Swim Instructor Certification. Classes held at Dishman, Mt. Scott or SWCC Pools.

Prerequisites:

Must be age 15 or older by the first day of class and able to swim 25 yards of each of the following:

- Front crawl with side breathing
- Back crawl
- Elementary backstroke
- Breaststroke

Cost: \$100 (classes limited to 24 students)
 \$50 for non-PP&R swim instructors with current ARC or YMCA instructor certification, and current PP&R employees with Lifeguard or Water Fitness Instructor certifications.

296821 Held at Dishman Pool
 M-Th 8:00am-2:00pm 12/28-12/31

296822 Held at SWCC Pool
 Fri 5:00pm-9:30pm 1/22 & 1/29
 Sat 8:00am-3:30pm 1/23 & 1/30

296823 Held at Dishman Pool
 Fri 5:00pm-9:30pm 2/19 & 2/26
 Sat 8:00am-3:30pm 2/20 & 2/27

296824 Held at Dishman Pool
 M-Th 8:00am-2:00pm 3/22-3/25

296826 Held at Mt. Scott Pool
 M-Th 8:00am-2:00pm 3/22-3/25

296827 Held at Dishman Pool
 Fri 5:00pm-9:30pm 4/9 & 4/16
 Sat 8:00am-3:30pm 4/10 & 4/17

296828 Held at SWCC Pool
 Fri 5:00pm-9:30pm 4/9 & 4/16
 Sat 8:00am-3:30pm 4/10 & 4/17

Lifeguard Review

For lifeguards with current E&A lifeguard certification. First Aid, CPR, and lifeguard skills will be reviewed and audited with an update given on any policy revisions.

PREREQUISITES:

E&A certification valid through first day of class.

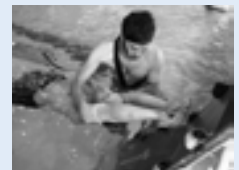
Bring to Class:

Swim suit, towel, paper, pencil, and notebook. If you have worked at PP&R in the last year, bring E&A textbook and a copy of license to class.

Cost: \$65 for Portland Parks & Recreation Lifeguards **ONLY** if you have worked for PP&R in the past year.

All classes are held at Mt. Scott Pool unless otherwise noted from 8:00am to 6:00pm

- 290950** Sat 12/19 (at Dishman)
- 290951** Sun 12/20
- 290952** Sat 12/26
- 290953** Sun 1/10
- 290954** Sun 2/21
- 290957** Sun 3/21 (at Columbia)
- 290958** Sun 3/21



Work for Portland Parks and Recreation as a Lifeguard or Swim Instructor.

Lifeguards \$9.00 to \$10.25/hr
 Swim Instructors \$9.50 to \$12.75/hr

Call 503-823-5130 for information