

+ LIFE GUARD CLASS

Biloxi Natatorium, 1384 Father Ryan Avenue

Open to age 15 and older (Must be age 15 on or before the final scheduled session of the class)

Pretest:

Monday, March 25 or Tuesday, March 26 at 4 p.m. (Choose one pretest date.)

Prerequisites:

1. Swim 300 yards, continuously

- Demonstrate breath control and rhythmic breathing.
- Swim freestyle, breaststroke, or a combination of both. Swimming on the back or side not permitted.
- Goggles may be used.

2. Tread water for two minutes, using only the legs

- Place hands under the armpits.

3. Complete a timed event within one minute, 40 seconds:

- Start in the water, swim 20 yards. Goggles are not allowed.
- Surface dive to 13 feet, retrieve 10 pound brick, return to the surface.
- Swim 20 yards on back to return to starting point with both hands holding the brick, and keeping face at or near surface to breathe.
- Exit water without using ladder or steps.

Class*:

- Friday, April 5, 4:30-8:30 p.m.
- Saturday, April 6, 8 a.m.-6 p.m.
- Sunday, April 7, 8 a.m.-6 p.m.
- Friday, April 12, 4:30-8:30 p.m.
- Saturday, April 13, 8 a.m.-6 p.m.
- Sunday, April 14, 8 a.m.-6 p.m.

Must be age 15 by the last day of class.

*All classes must be attended and instructor may add or change schedule of class if needed.

Cost:

- \$150 – Biloxi residents
- \$200 – Non- Biloxi residents

Payment is due at end of pretest date and is non-refundable once enrolled in the class. Cash, check, or money order payment only. Make payment out to City of Biloxi.

For more information, call the Biloxi Aquatics Division at 228-435-6205, email aquatics@biloxi.ms.us or visit online at biloxi.ms.us

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biloxi.ms.us




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