



Mission Valley Aquatics Lifeguard Training Course

This course is approximately 27-30 hours long. Upon completion you will receive certification cards in CPR for the Professional Rescuer/AED, Lifeguard Training & Standard First Aid (2 yr. cert).



Together, we can save a life

**Register
No Later Than
Friday September 28th**

Course Fee: (includes book & Red Cross certification cards)

MVA Annual Pass Holder: \$185.00

Non-Annual Pass Holder: \$235.00

For More Information: Contact Jeff Smith 883-4567 or jeff@mvaquatics.org

Online Registration is available at: www.mvaquatics.org

Course Prerequisites:

***Must be 15yrs. old or older

***Swim 300 yards continuously, using these strokes in the following order (goggles OK)

--100yds of front crawl using rhythmic breathing & a stabilizing/propellant kick. Rhythmic breathing may be done by breathing to the side or the front.

--100yds of breaststroke.

--100yds of either front crawl or breaststroke (or a mixture of the two strokes).

***Swim 20yds using front crawl or breaststroke, surface dive to 7 to 10 feet, retrieving a 10lb. brick, return to the surface, take the brick back to the start, placing the brick on the side of the pool and climbing out within 1minute &40 seconds (no goggles)

***Tread water for 2 minutes with legs ONLY.

**** Go to the designated classroom FIRST each meeting date****

****Bring your swimsuit, goggles & towel to every session ****

****Manuals will be given out at the first meeting date****

Oct 1st Monday 6:15 to 8:30pm (community room)> Introduction to course and review of chapter 1 & 2. Pre-requisite water work and practice swimming skills

October 2nd Tuesday 6:15 to 8:30pm (party room)> Chapter 7 & 8 and begin CPR.

October 3rd Wednesday 6:15 to 8:30pm (community room)> Chapter 9 & 10 Practice AED and Bag Valve Mask

October 4th Thursday 6:15 to 8:30pm (party room)> Take CPR/AED for the Professional Rescuer and First Aid Exam. Continue with chapter 3 & 6. Practice Victim recognition, scanning, and rotations.

October 5th Friday 6:15 to 8:30pm (community room)> Chapters 4 & 5 Practice rescue skills & Emergency Action Plan)>

October 6th Saturday 8:00 to 8:00pm (community room)>Chapter 11. Practice swimming skills, in-line, stabilization & boarding techniques. Practice Scenarios. Final Exam (in-water & written)

TBD >>>>> if needed 8am to 11:30am> Make up day extra if needed