



**COUNTY OF
HAWAI'I
DEPARTMENT OF
PARKS &
RECREATION**

NAS POOL LIFEGUARDING CERTIFICATION COURSE

**930A-530P, FRIDAYS
SEPTEMBER 6- OCTOBER 4**
\$121, cash only, payable on 1st day

American Red Cross r. 2024 Lifeguarding Including Deep Water Course



Course Prerequisites

To participate in the Lifeguarding (Including Deep Water) course, participants must:

- Be at least 15 years old on or before the final scheduled session of the Lifeguarding course.
- Successfully complete the two prerequisite swimming skills evaluations:

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:	Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:
<ul style="list-style-type: none">• Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)• Maintain position at the surface of the water for 2 minutes by treading water using only the legs• Swim 50 yards using the front crawl, breaststroke or a combination of both	<ul style="list-style-type: none">• Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).• Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object.• Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.• Exit the water without using a ladder or steps.

The County of Hawai'i is an equal opportunity provider and employer