

# Cobb County 2024 Lifeguard Training Classes

The Lifeguard Training (LGT) class is designed to train participants to be effective professional lifeguards. After successful completion of this course, participants will be certified under American Red Cross for two (2) years in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO).

Lifeguard Training (\$200.00 total) has a fee of \$154.00 that is due when you register for the class. Payable to **Cobb County Government**. An additional \$46.00 fee must be paid directly to the American Red Cross. Details will be given on how to pay this portion of the fee at the first class meeting.

## Lifeguarding Pre-requisites

To be eligible for the Lifeguard course, the participant must be 15 years of age by the final class meeting and must successfully complete the following prerequisites:

- Swim 300 yards continuously using front crawl with rhythmic breathing and breaststroke.
- Starting in water, swim 20 yards in front crawl or breaststroke, surface dive 7-10 ft, retrieve a 10-pound object, return to surface, swim 20 yds back to the start with object, and exit water without using a ladder. (time limit: 1 min, 40 sec)
- Tread water for 2 min using only your legs (hands must be kept under armpits).

**All classes include online sessions. These sessions are required for completion of the course.**

<u>Facility location</u>	<u>Session</u>	<u>Dates</u>	<u>Day &amp; Time</u>	<u>Activity No.</u>
<b>Mountain View</b>	Session 1	April 1st - April 4th	Mon/Tues/Wed/Thurs 12p-6p	37826
<b>Aquatic Center</b>	Session 2	April 13th, 14th, 20th, and 21st	Saturday & Sunday 12p-6p	37827

For questions regarding Lifeguard classes or registration, please call the facility where the class you are interested in is being held:

Mountain View Aquatic Center (770) 509- 4925

