

# Cobb County 2025 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).

To register for Lifeguard Training classes at the Mountain View Aquatic Center, you must create an online account at **CobbPARKS.org** – click 'I want to...' and select 'Register for Activities' then log in or create an account. If you believe you have an account and forgot your password, use the 'I forgot my password' option to reset your password. Classes can be found under the "Aquatics" tab on the Cobb County CivicRec website.

## 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:

Pre-requisite #1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into water and totally submerge, resurface, then swim 150 yards using the front crawl, breaststroke or combination of both. (Swimming on the back of side is not permitted. Swim goggles are allowed).
- Maintain position at the surface of the water for two minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke, or combination of both.

Pre-requisite #2: Complete a timed event within one minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed.)
- Surface dive (feet-first or head-first) to a depth of 7-10 feet to retrieve a 10lb 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.

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

## **Mountain View Aquatic Center**

<u>Session</u>	<u>Dates</u>	<u>Day &amp; Time</u>	<u>Price</u>	<u>Activity No.</u>
Session 1	April 7th, 8th, 9th & 10th (Cobb Co. Spring Break week)	Mon/Tues/Wed/Thurs 12:30pm-6:30pm	\$200	45385
Session 2	April 11th, 12th, & 13th (Cobb Co. Spring Break weekend)	Fri - 12:30p-6:30p Sat/Sun - 10am-6:30pm	\$200	45386
Session 3	May 3rd, 4th & May 10th, 11th (pre-Summer class)	Sat/Sun 12:30pm-6:30pm	\$200	45387



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

