Lifeguarding Course Offered

Stoughton Area School District Pool
600 Lincoln Ave.
Stoughton, WI
(608) 877-5626

Pre-Test: Friday, April 23rd, 5 PM

Pre-course requirements:

⇒ Must be a strong swimmer and 15 years of age at the start of the course, proof of age required at the pre-test.

⇒ Swim 300 yards (100 front crawl with rotary breathing, 100 breaststroke, 100 may be a combination of breaststroke or front crawl).

⇒ Swim 20 yards, do a surface dive down to a depth of 7 to 10 feet, retrieve a 10 lb. diving brick and return it to the side with in 1 minute and 40 seconds.

⇒ Tread Water for 2 min. without the use of arms.

<u>Attendance to all sessions is required!</u>

<u>Class time:</u>

- Friday, May 7th, 4 to 8 PM
- Saturday, May 8th, 8 AM to 4 PM
- Sunday, May 9th, 8 AM to 4 PM

Need to have computer access as this is a blended learning course (on line course work required).
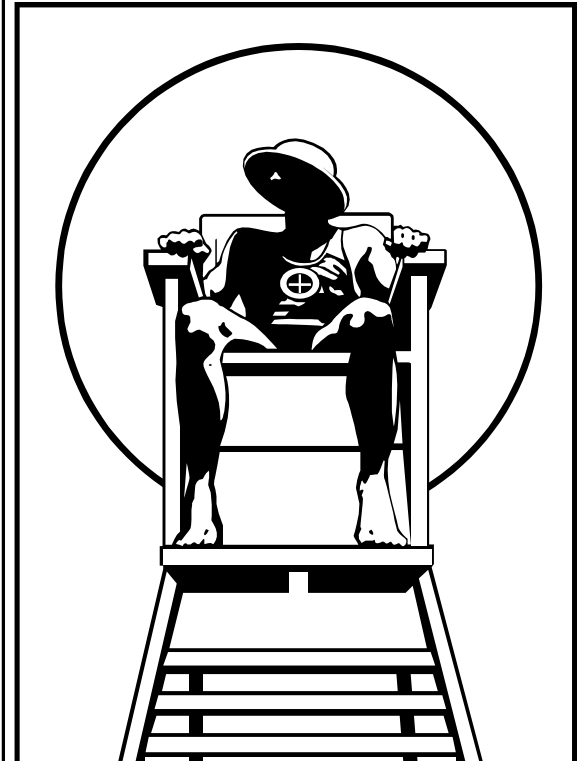
<u>Cost and Registration:</u>

 SASD Residents—$150.00 / Non-Residents $180.00: This includes all materials ARC and pool fees. The fee is due on the first day of class.

6 participants minimum/ 12 participants maximum

<u>Instructor:</u> Katie Campbell and Anne Hudkins

**Register online with Sally, email:
sally.maclaren-meuer@stoughton.k12.wi.us**

Stoughton Area School District Pool

600 Lincoln Avenue
Stoughton, WI   53589

Pool Office: 608-877-5626
Aquatics Program Director's Office
608-877-5627
sally.maclaren-meuer@stoughton.k12.wi.us