

# LIFEGUARD & WATER SAFETY TRAINING CLASSES 2023

## LIFEGUARD

### Prerequisites:

- Before the first night of class, you must complete a 300 yard continuous swim, tread water for 2 minutes, and a timed event.
- Must be 15 years on or before the final scheduled session of the course.

### DATES:

SESSION 1: JAN. 30 - FEB. 16  
SESSION 2: FEB. 20 - MAR. 9

DAYS: MON. WED. & THUR.  
TIME: 5:00 - 8:00 PM  
FEES: \$150 - RESIDENT  
\$188 - NON-RESIDENT

### Course Overview:

This course is three weeks long. The purpose of this course is to provide participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies.

## WSI

### Prerequisites:

- Before the first night of class you must complete, 25 yards of Freestyle, Backstroke, Elementary Backstroke and Sidestroke. Also, 15 yards of Butterfly.
- Must be 16 years old on or before the final scheduled session of the course.
- Must be Lifeguard certified.

### DATES:

SESSION 1: MAR. 20 - APR. 12

DAYS: MON. WED. & THUR..  
TIME: 5:00 PM - 8:00 PM  
FEES: \$175 - RESIDENT  
\$218 - NON-RESIDENT

### Course Overview:

This training is four weeks long. It is designed to equip instructors with the tools and skills needed to teach and effectively promote water safety in, on and around water.



The City of Winter Haven does not discriminate against any person or group on the basis of race, color, national origin, sex, age, disability, religion, income or family status. Persons with special needs should contact Parks, Recreation & Culture at 863-291-5656.

TO SCHEDULE YOUR PREREQUISITE SWIM TEST & FOR MORE INFORMATION CALL (863)-268-6766

