



# LIFEGUARD TRAINING COURSE

**Sponsored by: the Belle Fourche Community Center and the Spearfish Rec & Aquatics Center**

**Location: 1111 National Street, Belle Fourche, SD**

**REGISTRATION FEE: \$225.00**(make checks to SRAC, or BFACC)

*The registration forms are available at the Spearfish Rec & Aquatics Center, and the Belle Fourche Community Center. Class size is limited. **Registration and payment must be submitted to the Spearfish Rec & Aquatics Center or Belle Fourche Community Center by Thursday January 18th. If you are interested in this class and the schedule does not work for you please contact one of the instructors to discuss other options.** Completion of the Lifeguard training course does not guarantee a job at any facility. (To apply for a job at the City of Spearfish or the City of Belle Fourche you must be at least 16 years old.)*

## **FOR MORE INFORMATION CONTACT ONE OF THE INSTRUCTORS:**

### ***Kathryn Bogner***

*Belle Fourche Area Community Center  
Aquatics Director  
892-2467  
aquatics.bfacc@midconetwork.com*

### ***Brett Rauterkus***

*Spearfish Rec & Aquatics Center  
Recreation Facility Superintendent 722-1430  
[brett.rauterkus@cityofspearfish.com](mailto:brett.rauterkus@cityofspearfish.com)*

**Schedule: Participants must attend all** (if you are interested but have conflicts please call)

Friday, January 19 <sup>th</sup>	6:00-8:00pm (Pre-test & intro to lifeguarding)
Saturday, January 20 <sup>th</sup>	8:00am-4:00pm (1 hour lunch break)
Sunday, January 21 <sup>st</sup>	11:00pm-5:00pm (lunch break)
Tuesday, January 23 <sup>rd</sup>	6:00pm-8:00pm
Friday, January 26 <sup>th</sup>	6:00pm-8:00pm
Saturday, January 27 <sup>th</sup>	8:00am-4:00pm (1 hour lunch break)
Sunday, January 28 <sup>th</sup>	11:00pm-5:00pm (lunch break)

### **PARTICIPANTS MUST BE 15 YEARS OLD BY THE 1<sup>ST</sup> DAY OF CLASS.**

A swimming skills pretest will be given the first night. Those who successfully complete the pretest will continue in the class, those who do not complete the pretest will be given a full refund, tips on how to improve and encouragement to try again at another time.

#### **TO PASS THE PRETEST, PARTICIPANTS MUST:**

1. Swim 300 yards continuously, using the front crawl or breaststroke. No time limit on this test.
2. Swim 20 yards using breast stroke, or front crawl, surface dive to a minimum of 7' retrieve a 10 pound diving brick, swim 20 yards carrying it, and get out of the pool without ladder. Timed Event: 1 minute, 40 seconds.
3. Tread water for 2 minutes only using your feet.