

## American Red Cross Lifeguard Courses To Be Offered at the Indoor Pool

Lava Hot Springs Foundation—Olympic Swimming Complex  
195 N. Center Street, Lava Hot Springs, ID 83246

- **APRIL Lifeguarding Course—25 total hours**
  - Tuesday, April 10                      6:30-8:30pm                      SKILLS TEST
  - Friday, April 13                      Noon-5pm                      5 hours
  - Saturday, April 14                      9am-1pm                      4 hours
  - Monday, April 16                      5-8pm                      3 hours
  - Tuesday, April 17                      6:30-8:30pm                      5 hours
  - Friday, April 20                      Noon-5pm                      5 hours
  - Saturday, April 21                      9am-1pm                      4 hours
  
- **MAY Lifeguarding Course—25 total hours**
  - Tuesday, May 1                      6:30-8:30pm                      SKILLS TEST
  - Friday, May 4                      Noon-5pm                      5 hours
  - Saturday, May 5                      9am-1pm                      4 hours
  - Monday, May 7                      5-8pm                      3 hours
  - Tuesday, May 8                      6:30-8:30pm                      5 hours
  - Friday, May 11                      Noon-5pm                      5 hours
  - Saturday, May 12                      9am-1pm                      4 hours

### Cost

- \$150 per person—includes pool time, testing/certification fees, and class manual.
- First year guards who work for the Lava Hot Springs Foundation and provide good service may receive up to \$100 back at the end of the summer season. Any “no call/no show” for a scheduled shift will result in forfeit of the \$100 bonus.

### Prerequisites

- Candidates will be at least 15 years old by the **last day** of the course.
- Candidates demonstrate comfort in deep water and are able to swim 300 yards continuously using front crawl and breaststroke.
- Candidates can swim 20 yards to retrieve a 10 pound brick from deep water , swim 20 yards back to the starting point while holding the brick with both hands, and exit the pool at the edge without using a ladder or stairs within a time limit of 1 minute 40 seconds.
- Candidates are able to tread water keeping the head above water for two minutes using only legs

### Other Information

- Upon successful completion of this course, candidates will be certified in CPR, AED use, first aid, and lifeguarding.
- The certificates obtained through this course are valid for 2 years.

### Instructor

- Karen Homstad (208) 251-5230 / [karen.homstad@lava.idaho.gov](mailto:karen.homstad@lava.idaho.gov). Please call or email to register for the course and feel free to contact with any questions.