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Karen Homstad
Lava Hot Springs Foundation
Lava Hot Springs, Idaho 83246
(208) 251-5230
karen.homstad@lava.idaho.gov

Lava Hot Springs Starts Free Summer Job Training

LAVA HOT SPRINGS, ID, January 13, 2012—Although summer feels far away, Lava's Olympic Swimming Complex is already seeking folks interested in working at the pool this May through August as lifeguards.

To get adults and teens in shape to pass the full American Red Cross course, lifeguard training classes will be offered at no charge. These lifeguard prep classes will be held every Thursday, beginning February 2, from 7-8pm. Classes will be offered through March 29.

"Prerequisites for the full American Red Cross lifeguarding class can challenge even skilled swimmers, so people who haven't been swimming laps have trouble," says pool manager Karen Homstad. "We have seen three sport high school athletes sign up thinking the 300 yard swim will be a piece of cake because they are in shape from basketball or track. But about 100 yards in, you can see those who haven't been training start to struggle."

Homstad equates the 300 yard swim to running a half mile—while taking only one breath every 5 seconds. She started the prep classes last year to help potential guards work on their swimming skills for greater success in passing the full lifeguarding course. She thinks it will be even more beneficial this year. "The guards who started in the prep classes were some of the best new employees last year."

Lifeguarding candidates must be 15 years old, able to swim 300 yards continuously, retrieve a brick from the deep end, and tread water for 2 minutes. The Lava Hot Springs Foundation will offer full Red Cross lifeguarding classes in the spring.