



  
groveport  
Recreation Center

# AMERICAN RED CROSS+ LIFEGUARDING

## CERTIFICATION CLASSES

**JAN. - JUNE 2020**

**Get your training now for a great summer  
or year round job at our award winning facilities**

### **WHO:**

15 years of age & older  
(must be 15 or older by last day of class)

### **NEW LOWER FEES:**

\$50 Groveport Residents / \$60 All Others

### **REGISTRATION:**

Register in-person at Groveport Recreation Center  
(7370 Groveport Road)

### **TRAINING SESSIONS:**

Free skills training sessions available.

### **QUESTIONS:**

Seth Bower (Aquatics Manager)  
614-836-1000 / sbower@groveport.org

### **Why become a lifeguard with us?**

- Work at our award winning pools
- Receive a free membership to the Groveport Recreation Center and use the outdoor water park at no cost
- Your immediate family members are eligible to receive the resident rate for memberships
- Get your Lifeguard Certification Class fees reimbursed (certain criteria required)
- Free re-certification
- Receive free staff uniforms, including bathing suit.
- We offer flexible scheduling
- Provide amazing public service and get paid to do it
- Stay fit and get fit
- Work with like-minded people
- Gain a skill that will come in handy the rest of your life
- Work outside during the summer months
- It's challenging both mentally & physically
- Build your resume
- It's fun

**Over for more info.**

# Free Skills Training Available

Our staff will help you prepare for the class.  
 Contact Seth Bower (Aquatics Manager) at  
 614-836-1000 or sbower@groveport.org for  
 monthly Free Skills Training dates & times.

These sessions are NOT mandatory. The sessions are meant to provide you with an opportunity to learn and practice the Lifeguard Pre-Requisites with our staff. Register at the GRC for the Free Skills Training Sessions.



## Lifeguard Pre-Requisites

- 100 yards of front crawl using rhythmic breathing and stabilizing propellant kick
- 100 yards of breaststroke using a pull, breathe, kick and glide sequence
- 100 yards of either front crawl using rhythmic breathing or breaststroke
- Tread water for 2-minutes without the use of hands or arms
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 12 feet, retrieve a 10 pound object, return to the surface and swim back to the starting point with the object and exit the pool without using a ladder or steps (all performed within 1 minute and 40 seconds).



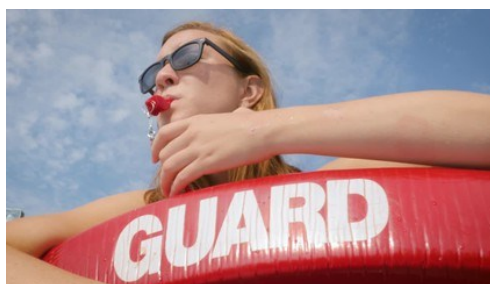
Voted "Best Municipal Pool" numerous times by  
 Columbus Parent Magazine



## Class Sessions

<u>Dates</u>	<u>Registration Deadline</u>
Jan. 13 - 18	Jan. 6
Feb. 17 - 22	Feb. 10
Mar. 16 - 21	Mar. 9
Apr. 20 - 25	Apr. 14
May 4 - 9	Apr. 28
May 11 - 16	May 5
June 1 - 6	May 26

**Times:** Monday - Friday, 5 PM - 9 PM  
 Saturday, 9 AM - 2 PM



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