

Islamorada, Village of Islands
Parks & Recreation Department

LIFEGUARDING COURSE

At the Ron Levy Aquatic Center

Course Schedule (30 hour course):

February 10th & 11th	9:00 a.m. - 5:00 p.m.
February 13 th & 15th	4:00 p.m. - 7:00 p.m.
February 17th	9:00 a.m. - 5:00 p.m.

Pre-Requisite Skills Tests will be conducted on
Friday, February 9th Time: TBD

Pre-requisites for this course Include:

- *At least 15 years of age
- *Continuous 300 Yard Swim using front crawl
or breast stroke
- *Retreive a 10lb brick from the bottom of the pool (timed test)
- *Two Minute Water Tread (NO hands!)

Must attend all classes to complete the certification. The American Red Cross
Course Includes: Lifeguard Training, CPR(PR), First Aid, & AED.



Course Fee: \$175.00
Class Maximum: 10 Students

Must Register by Sunday, February 4, 2018
Instructor: Anne Onsgard 305-853-1685
anne.onsgard@islamorada.fl.us



*Possible
employment
opportunities*

For more information: Call 305-853-1685 or
visit www.islamorada.fl.us