Date:

Dear Student,

I look forwarding to facilitating your lifeguard training. Before the class, I wanted to touch base about a few items so you know what to expect. The lesson plans are designed to give me some flexibility and I can easily adjust the course based on the needs of the class-as long as all the objectives are completed. Below are a few things to be aware of:

**Course Times**

|  |  |  |  |
| --- | --- | --- | --- |
| 5/29/2015 | 11:00am | 12:30pm | Pre-Screen |
| 6/6/2015 | 1:30pm | 5:30pm |  |
| 6/7/2015 | 8:00am | 6:30pm |  |
| 6/13/2015 | 1:30pm | 5:30pm |  |
| 6/14/2015 | 8:00am | 6:30pm |  |

Students must attend ALL sessions to complete the course.

**Pre Screen Requirements**

* Be at least 16 years old by the end of the course
* Swim 400 continuous yards. The first 100 yards is front crawl (with rhythmic breathing to either the front or the side). The next 100 yards is breaststroke (one pull, one breath and one glide-in that order). The remaining 200 yards can be either front crawl or breaststroke. It is the student’s choice.

A video on how to swim the front crawl can be found here:

<http://www.youtube.com/watch?v=EIU6yINLBt4>

A video on how to swim the breaststroke can be found here:

<http://www.youtube.com/watch?v=HUM3Bp3n1ac>

* Starting at one side of the pool, swim 20 yards and submerge AT LEAST 7 feet to retrieve a 10 lb object and swim it back to the starting point. Both hands must remain on the object on the return swim to the wall. Place the object on the side of the pool and exit the pool. The time stops when the swimmer completely exits the pool. The time limit is 90 seconds.
* Tread water in at least 7 feet of water for not less than 5 minutes with the student’s hands tucked under their armpits.

**Notes:**

* Goggles can be worn for the 400 yard swim ONLY
* A student can only reattempt one portion of the prescreen one time before they are required to take another course.
* The instructor will verify age before the course starts. Driver’s license, passport or birth certificates are the forms of age verification that will be accepted.

**What to bring**

* Lunch and snacks-unless otherwise directed by the instructor.
* Swimsuit
* Change of clothes
* Pen or Pencil
* Training manual (download the most current version from lifeguarduniversity.com)
  + Feel free to bring it digitally on a tablet or laptop. Students can also print the manual if they wish. If you print it, we recommend printing it double sided.

**Swimming Attire**

* Female students should wear a one piece swimsuit without a "U" back. A two piece swim suit is okay, as long as, the top provides enough support (similar to a sports bra). Bikinis or any swimsuits that require strings to keep the swim suit on are not permitted.
* Male students should wear swim trunks-no cutoffs or shorts will be permitted.

Please feel free to contact me with questions.

Regards,

James Meyers

Instructor