



Springfield Park District

www.springfieldparks.org

FOR IMMEDIATE RELEASE

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Contact: Bob Barrett

Phone: (217) 525-8847

THE SPRINGFIELD PARK DISTRICT IS EXCITED TO ANNOUNCE
NEW **LIFEGUARD PREP CLASSES** AT EISENHOWER POOL
BEGINNING DECEMBER 27

The Springfield Park District has created a new **Lifeguard Prep Class** that will assist interested candidates in achieving the skills they need to take the American Red Cross Lifeguard Course.

One of the eligibility requirements for enrollment into an American Red Cross Lifeguarding Course is to successfully complete the *Prerequisite Skills Evaluation*.

This evaluation is comprised of three lifeguarding physical endurance tests which include; 300-yard continuous swim (12 lengths of the lap pool), treading of water for 2 minutes using only their legs and keeping their face out of the water, and a timed event which will take place in the 12ft deep diving well. Students will be required to dive to the bottom of the well, pick up a 10lb brick, return to the surface and exit the pool while still carrying the brick all in 1 minute and 40 seconds.

The **Lifeguard Prep Class** has been designed to help potential Lifeguard students build confidence and develop the above-mentioned skills. Much like a student who would prep for their ACT or SAT, the Park District has created a series of three classes that will prep them for the in-water experience of the American Red Cross *Prerequisite Skills Evaluation* and allow them time to practice before the evaluation test date.

The dates and times for this first **Lifeguard Prep Class** is December 27th, 28th, and the 29th 11:30 to 1pm. The price for this class is \$23 per person.

For future classes, please contact Bob Barrett by email at bobbarrett@springfieldparks.org or by phone at 525-8847 ext 1501. For more information on this topic and any other Park District news related items, please visit our Website at www.springfieldparks.org.

GENERAL OFFICE

Bunn Park
2500 South Eleventh Street
Springfield, IL 62703
www.springfieldparks.org
phone: (217) 544-1751
fax: (217) 544-1811

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