

Lifeguard Training Registration

Hull Aquatic Center

1301 Birch St, Hull, IA 51239

May-June Training:

May 31	8:30am-12:30pm & 1:00-5:00pm
June 2	8:30am-12:30pm & 1:00-5:00pm
June 3	9:00am-1:00pm

Pre-Test: 300 yard swim (100 Front Crawl, 100 Breast Stroke, 100 either of the two); swim 20 yards retrieve a brick from the bottom of the deep and swim it back to the shallow on back holding the brick with two hands in 1 minute and 40 seconds; and tread water for 2 minutes with no arms.

Pre-test will be done the first session of class; everyone will have 2 attempts on each element. This class is set up as a blended learning class where an additional 7 hours of the class will be completed online on your own. (Online modules must be completed before first session) There will be an additional fee of \$12.00 to purchase a CPR mask if not able to provide own.

Must have a minimum of 4 participants to hold the class.

Prerequisites: Must be 15 years of age and pass pre-test.

Cost: \$235.00 Payment must accompany registration. Due May 26th.
Payment options: Cash or check payable to Alyssa Van't Hul

Questions or for more information please contact Alyssa Van't Hul at 712.470.1874 or rvpool@cityofrockvalley.com

2022 Spring Lifeguard Training Registration Form

Name _____ Date of Birth _____

Address _____

City _____ State _____

Email _____ Phone Number _____

Yes/No (circle one) I will need a CPR mask for the course.

Please return registration to: Alyssa Van't Hul
1411 11th Street
Rock Valley, Iowa, 51247