

2022 Spring Lifeguard Training Registration

All Seasons Center, Sioux Center Iowa

Session 1:February Training	February 3,15,17,22,24	5:30-9:30pm
Session 2:March Training	March 3,17,22,24,28	6:00-10:00pm
Session 3:April Training	April 7,12,14,19,21	6:00-10:00pm

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

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

Cost: \$175.00 Payment must accompany registration.
Payment options: credit card, cash or check payable to All Seasons Center
Fee waved if commitment made to work at All Seasons Center

Questions or for more information please contact Jill Miller at 712.722.4386 ext. 6 or jillm@allseasonscenter.org.

2022 Spring Lifeguard Training Registration Form

Name _____ Date of Birth _____

Address _____

City _____ State _____

Email _____ Phone Number _____

Session _____

Please return registration to: All Seasons Center
Attn: Jill Miller
770 7th St NE
Sioux Center, Ia 51250