



Earn Money

Be a Leader

Save Lives

BECOME A LIFEGUARD!

- Lifelong lifesaving skills.
- Hands-on-training.
- Certification that is recognized around the world.
- American Red Cross certification, a name employers know and trust.

Register today at the Vandalia Recreation Center!

Pre-Skills testing: Before you may enroll in Lifeguard Training, you must pass this pre-screen swim evaluation.

- Tread water for two minutes using legs only.
- Swim 300 yards continuously using rotary breathing and strong kick: 100 yards front crawl, 100 yards breaststroke and 100 yards of your choice (front crawl or breaststroke).
- Retrieve a 10-pound brick from the bottom of the pool, swim 20 yards with both hands on the brick, place brick on the deck and climb out in 1 minute 40 seconds.
- The pre-skills testing will be held on Monday, March 18 @ 6:00pm OR Monday, April 22 @ 6:00pm.

Lifeguard Class

Ages: 15 on the last day of the class & older

Fee: \$200 Resident / VRC Member; \$220 Non-Resident

Classes are:

Day: Mon., Wed., Fri. 4:00pm – 9:00pm

Dates: March 25 – April 8

Registration: Registration ends March 25

OR

Day: MON, WED, FRI 4:00 – 9:00pm

Dates: April 29 – May 13

Registration: Registration ends April 29

Vandalia Recreation Center

1111 Stonequarry Road
Dayton, Ohio 45414
Phone (937) 415 – 2340