Three Oaks Recreation Area
City of Crystal Lake
815-459-2020 / www.threeoaksrecreation.com

Three Oaks Recreation Area
Program Description: 2018 Lifeguarding Class

If you would like to be a lifeguard, the City will be offering a lifeguard class at Sea Level Diving in Crystal Lake taught by Three Oaks Recreation Area staff. Successful completion of the class will allow students to be considered for employment as a Three Oaks Recreation Area lifeguard. Complete program registration form to enroll. Registration form available at: www.threeoaksrecreation.com. If you have questions, e-mail: aderaedt@crystallake.org.

Date: Five-day class, beginning March 27, 2018

Time: 4:30 p.m. to 9:30 p.m.

Location: Sea Level Diving, 269 Liberty Road, Crystal Lake, IL 60014

Program Number / Session: 001 / 001

Program Description: This class will teach students the current waterfront lifeguarding skills used by the American Red Cross. Upon successful completion of the class (28 hours), a skills evaluation, and a written test, students may earn a two-year Waterfront Lifeguard certificate (includes CPR/AED and Lifeguarding/FirstAid) through the American Red Cross. In addition, students earning a certificate may be offered employment as lifeguards at Three Oaks Recreation Area. Students must be able to attend all classes in order to achieve certification. In addition, students must be able to complete the prerequisites in order to continue with the class. Refunds will be given to those unable to complete the swim test.

IMPORTANT NOTE: Since Three Oaks Recreation Area is a waterfront facility, students will be issued a **waterfront certificate** which may not be accepted by other non-waterfront employers (pools, waterparks, etc.). Certification cards are valid for two years.

Program Requirements:

- Maximum of 11 students, minimum of 5/***Must be at least 16 years of age on or before the last scheduled session of class.***
- Prerequisites: Swim 550 Yards (22 lengths of a 25 yard pool) without stopping, using the front crawl and breaststroke. Tread water for 2-Minutes with no hands. Retrieve a 10-Lb weight from 7 Feet, then swim 20 Yards with the weight, using legs only.

Program Cost: $195

E-Mail Contact: aderaedt@crystallake.org