



Lifeguard Class Schedule for Community Pools

Hartman Regional Community Center Pool
2801 Tucker Road, Nashville, TN 37218
615-862-8479



Lifeguard Training

Minimum Age: Must be 15 years old on or before the final scheduled session of the course.

Cost: These classes are offered only to students that commit to working for Metro Parks and Recreation for one summer season. There will be no fee if the commitment is made.

Prerequisite:

1. 300 yard continuous swim, using front crawl, breaststroke or combination of both.
2. Tread water for two minutes using legs only. Hands must be under armpits.
3. Timed event - swim 20 yards, retrieve a ten pound brick from 9 feet, return to surface and swim with both hands on brick back to starting point in under 1 minute and 40 seconds.
 - Students must bring a towel, swimsuit, manual, paper and pencil to all classes.
 - Manual can be purchased or downloaded for free at www.redcross.org
 - Pocket mask and first aid gear will be provided.

Blended Learning Courses: Students are required to have access to computer to do the majority of bookwork online, this cuts down the time needed for classroom instruction.

Session I - January 6-27, 2017 (no class Jan. 16th)

- Registration deadline - Jan. 5, 2017.
- Prerequisite will be held on Jan. 6, 2017, from 5:00pm-7:00pm
- Class meets Monday and Wednesday from 5:00pm-8:00pm

Session II - March 3-28, 2017 (no class March 20 or 22)

- Registration deadline - March 2, 2017.
- Prerequisite will be held on March 3, 2017, from 5:00pm-7:00pm
- Class meets Monday and Wednesday from 5:00pm-8:00pm

Session III - April 7-26, 2017

- Registration deadline - April 6, 2017.
- Prerequisite will be held on April 7, 2017, from 5:00pm-7:00pm
- Class meets Monday and Wednesday from 5:00pm-8:00pm

Session IV - May 8-24, 2017

- Registration deadline - May 7, 2017
- Prerequisite will be held on May 8, 2017, from 5:00pm-7:00pm
- Class meets Monday and Wednesday from 5:00pm-8:00pm

To register for class, e-mail Jon Dodson at jonathan.dodson@nashville.gov.