



LIFEGUARD TRAINING CLASS

ST. MARY'S UNIVERSITY INDOOR POOL

IN THE ALUMNI ATHLETICS & CONVOCATION CENTER

MARCH 11 – 15, 2012

2:00 p.m. – 7:30 p.m.

Cost: \$255.00

Participants must swim 300 yards continuously, consisting of front crawl and/or breaststroke and tread water without using hands for 2 minutes. Additionally, they must retrieve a 10-pound brick from 7 feet of water, swim the brick 20 yards back to the side of the pool, and get out of the water without using the ladder or stairs. This must be completed in 1 minute 40 seconds.

Prerequisite: Must be 15 years of age by the completion of the new Lifeguard Training course.

Please mail registration to:

Department of Campus Recreation

One Camino Santa Maria

San Antonio, TX 78228

Registration Deadline: March 4, 2013

Write checks payable to St. Mary's University

A minimum of 4 students required.

For more information contact:

Kathleen Whitten, Aquatics Coordinator

210-431-5051 or kwhitten@stmarytx.edu

