

Lifeguard Training Course

March 27-31 11am-7pm \$125.00

Must be at least 15 years old-

Sign-up at Canby Swim Center, email or call

Nathan@canby.com or Eric@canby.com **503 266 2761**

Canby Swim Center 1150 S Ivy St. Canby Oregon 97013

Prerequisites skill test will be:

- 300 yard swim continuous swimming breast stroke or Freestyle of a combination of the two with rhythmic breathing.*
- tread water for 2 minutes without use of hands.*
- timed brick retrieval from 10 ft. of water in 1min 40 seconds.*
- exit water without ladder or steps*