

Certification Course	Prerequisite 1	Prerequisite 2
Lifeguarding	<p data-bbox="488 285 972 321">Swim-Tread-Swim Sequence</p> <p data-bbox="488 369 972 489">■ Swim 150 yards using the front crawl, breaststroke or a combination of both.</p> <ul data-bbox="537 499 972 663" style="list-style-type: none"> <li data-bbox="537 499 972 579">• Swimming on the back or side is not permitted. <li data-bbox="537 583 972 663">• Swim goggles are allowed. <p data-bbox="488 716 972 879">■ Maintain position at the surface of the water for 2 minutes by treading water using only the legs.</p> <p data-bbox="488 932 972 1047">■ Swim 50 yards using the front crawl, breaststroke or a combination of both.</p>	<p data-bbox="1031 285 1243 321">Timed Event</p> <p data-bbox="1031 369 1393 489">Complete a timed event within 1 minute, 40 seconds.</p> <p data-bbox="1031 541 1406 621">■ Starting in the water, swim 20 yards.</p> <ul data-bbox="1079 632 1406 837" style="list-style-type: none"> <li data-bbox="1079 632 1406 751">• The face may be in or out of the water. <li data-bbox="1079 758 1406 837">• Swim goggles are not allowed. <p data-bbox="1031 890 1406 1094">■ Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object.</p> <p data-bbox="1031 1146 1406 1520">■ Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face at or near the surface.</p> <p data-bbox="1031 1572 1406 1692">■ Exit the water without using a ladder or steps.</p>