

# LIFEGUARDS WANTED

Looking for summer employment?  
Enjoy being outside and working with people?

The Fond du Lac Recreation Department will be hiring Lifeguards to work at the Outdoor Pools for the summer. Lifeguards have the opportunity of working full-time, job sharing, or working as a sub. All Lifeguards must be certified through the American Red Cross; completion of the course certifies Lifeguards as a Red Cross Lifeguard and CPR/AED for 2 years. Starting pay for a full-time Fond du Lac Recreation Department lifeguard is \$8.75/hour with opportunities for bonuses.

## Lifeguard Training Classes

Location	Dates	Days	Times	Cost (R/NR)
Aquatic Center	May 12, 19, & 20	Sat, & Sun	7:00am - 4:30pm	\$125/\$150

Pre-requisites for the class:

- Students must be 15 before the last day of the class and 16 years old to work as a lifeguard
- Swim 300 yards using front crawl and/or breast stroke in a continuous swim with rhythmic breathing and stroke, no touching the bottom of the pool or resting at any time.
- Tread water for two minutes using only leg motion (hands will be placed under opposite armpits).
- Swim 20 yards, go down 7-9 feet, retrieve a brick, maintain two hands on the brick while swimming 20 yards to the starting point and getting out of the water without using a ladder.  
Time Limit - 1 minute 40 seconds



For more information, please contact the Aquatic Center at 929-3536 or register on-line at [www.fdlrecdept.com](http://www.fdlrecdept.com)

