LIFEGUARD CERTIFICATION

PREREQUISITES:

1. **Must be able to swim 200 yards, recover brick at 9 feet, tread water with arms up for 2 minutes on firstday of class.**
2. **Age 15 or older by the first day of class**
3. This course is only for lifeguard candidates who will be applying to work at an Ellis & Associates client facility.

Lifeguard Review

For lifeguards with current E&A lifeguard certification. First Aid, CPR, and lifeguard skills will be reviewed and audited with an update given on any policy revisions.

PREREQUISITES:
E&A certification valid through first day of class.
Bring to Class:
Swim suit, towel, paper, pencil, and notebook and E&A textbook.
Cost: $70 for Portland Parks & Recreation Lifeguards **ONLY** if you have worked for PP&R in the past year.
All classes are held at EPCC Pool unless otherwise noted from 8:00am to 6:00pm

384592	Sat	3/23
384593	Sun	3/24
384594	Sun	3/24 (at Mt. Scott)
384595	Sun	4/7
384596	Sun	5/19

Lifeguard Certification

For lifeguard candidates without a current Ellis & Associates lifeguard certification. Students successfully completing the course receive first aid, CPR, and Ellis and Associates Lifeguard certifications. **This course is only for lifeguard candidates who will be applying to work at an Ellis & Associates client facility.**
Prerequisites: Must be able to swim 200 yards, recover a brick at 9 feet, and tread water with arms up for 2 minutes. Must be age 15 or older by first day of class.
Bring to Class: Swim suit, towel, paper, pencil, notebook, food, water, warm clothes, and verification of age.
Cost:
$150 (classes limited to 32 students)
$100 for lifeguards with current ARC or YMCA lifeguard certification, and/or current PP&R employees with Swim Instructor/ Water Fitness Instructor certifications
$200 (Total price if register for Lifeguard Certification and Swim Instructor Training)

384583	**Held at EPCC Pool**		
	Sat & Sun	8:00am-4:00pm	2/23-2/24
	Sat & Sun	8:00am-4:00pm	3/2-3/3
384584	**Held at Columbia Pool**		
	Mon-Th	8:00am-4:00pm	3/25-3/28
384585	**Held at EPCC Pool**		
	Mon-Th	1:00pm-9:00pm	3/25-3/28
384586	**Held at Columbia Pool**		
(online)	Sat & Sun	8:00am-4:00pm	4/13-4/14
	Sun	8:00am-6:00pm	4/21
384587	**Held at EPCC Pool**		
(online)	Sat & Sun	8:00am-4:00pm	4/13-4/14
	Sun	8:00am-6:00pm	4/21
384588	**Held at Columbia Pool**		
	Sat & Sun	8:00am-4:00pm	4/27-4/28
	Sat & Sun	8:00am-4:00pm	5/4-5/5
384589	**Held at EPCC Pool**		
	Sat & Sun	8:00am-4:00pm	4/27-4/28
	Sat & Sun	8:00am-4:00pm	5/4-5/5

SWIM INSTRUCTOR CERTIFICATION

PREREQUISITES:

1. **Must be a strong swimmer**
2. **Must be able to demonstrate good form and technique for 25 yds of each of the following:**
   - Front crawl with side breathing
   - Back Crawl
   - Elementary backstroke
   - Breaststroke
3. **Age 15 or older by the first day of class**
4. **Must demonstrate a mature attitude**
5. This course is only for swim instructor candidates who will be applying to work at Portland Parks & Recreation.

Swim Instructor Training

Required for PP&R Swim Instructors. Students successfully completing the training program receive Swim Instructor Certification. Classes held at Dishman, EPCC, Mt. Scott or SWCC Pools.

Prerequisites:
Must be age 15 or older by the first day of class and able to swim 25 yards of each of the following:

- Front crawl with side breathing
- Back crawl
- Elementary backstroke
- Breaststroke

Cost: $100 (classes limited to 24 students)
$50 for non-PP&R swim instructors with current ARC or YMCA instructor certification, and/or current PP&R employees with Lifeguard or Water Fitness Instructor certifications.

385729	**Held at EPCC Pool**		
	Fri	5:00pm-9:30pm	2/22 & 3/1
	Sat	8:00am-3:30pm	2/23 & 3/2
385743	**Held at EPCC Pool**		
	M-Th	8:00am-2:00pm	3/25-3/28
385744	**Held at Mt. Scott Pool**		
	M-Th	8:00am-2:00pm	3/25-3/28
385745	**Held at Dishman Pool**		
	Fri	5:00pm-9:30pm	4/12 & 4/19
	Sat	8:00am-3:30pm	4/13 & 4/20
385746	**Held at SWCC Pool**		
	Fri	5:00pm-9:30pm	4/12 & 4/19
	Sat	8:00am-3:30pm	4/13 & 4/20
385747	**Held at EPCC Pool**		
	Fri	5:00pm-9:30pm	4/12 & 4/19
	Sat	8:00am-3:30pm	4/13 & 4/20
385748	**Held at EPCC Pool**		
	Fri	5:00pm-9:30pm	5/3 & 5/10
	Sat	8:00am-3:30pm	5/4 & 5/11

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Swim Instructor Recertification

Required course for all currently certified Portland Parks and Recreation Swim Instructors. Program changes and updates will be discussed. All strokes will be evaluated. Course is required every 2 years.

Prerequisites: Must hold a current Portland Parks and Recreation Swim Instructor Card.

Cost: $20

385765	**Held at EPCC Pool**		
	Sat	9:00am-1:00pm	3/30
385766	**Held at Mt. Scott Pool**		
	Sat	9:00am-1:00pm	6/8
385767	**Held at EPCC Pool**		
	Sat	9:00am-1:00pm	6/29