

2016-2017 AQUATIC TRAINING CLASSES

All classes are registered on a first come, first-served basis. Class fee must be paid at the time of registration.



TABLE OF CONTENTS

Prerequisites	page 2
Lifeguard Certification.....	page 3
Swim Instructor Training, Swim Instructor Recertification	page 4
Water Fitness Instructor Training.....	page 5
Lifeguard Review	page 6
How to Register, Registration Form, Pool Map	page 7
Dual Certification, Working for Portland Parks & Recreation.....	page 8



➔ Successful completion of certification classes **DOES NOT** guarantee employment.

Portland Parks & Recreation Aquatics require all lifeguards to be StarGuard certified. PP&R certification classes are offered fall, winter and spring.

LIFEGUARD CERTIFICATION

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be able to swim continuous non-stop:
 - 300 yard breaststroke or freestyle
3. Must be able to:
 - Feet first surface dive to bottom of pool and retrieve 10 pound brick
 - Tread water 30 seconds with hands on head, then move while treading to where you can touch
4. Must demonstrate a mature attitude
5. This course is only for lifeguard candidates who will be applying to work at a Portland Parks and Recreation facility



All training classes are challenging, and require that certification candidates be strong, skilled swimmers. All training courses require that candidates participate in vigorous physical training. You must be in good physical condition to participate. If you have any health related problems that might present a health or safety hazard while participating in training, please notify PP&R aquatics department prior to enrolling. You may be required to seek the opinion of your medical doctor before being permitted to enroll.

LIFEGUARD REVIEW

PREREQUISITES:

1. StarGuard certification valid through first day of class
2. Must have worked as a lifeguard at a Portland Parks and Recreation Pool in the last 12 months

SWIM INSTRUCTOR CERTIFICATION

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be a strong, skilled swimmer
3. 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
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

WATER FITNESS INSTRUCTOR CERTIFICATION

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Hold a current lifeguard or swim instructor certification or, has participated in 30 hours of group water fitness classes
3. Participants must be familiar with water exercises and have the ability to demonstrate proper technique and safety considerations from the deck as well as the water

LIFEGUARD CERTIFICATION

For lifeguard candidates without a current **StarGuard lifeguard certification**. Students successfully completing the course receive first aid, CPR, and StarGuard Lifeguard certification. **This course is only for lifeguard candidates who will be applying to work at a StarGuard facility.**

➔ **NOTE: Successful completion of certification classes DOES NOT guarantee employment.**

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must be able to swim:
 - 300 yard swim continuous, non-stop breaststroke or freestyle
3. Must be able to:
 - Feet first surface dive to bottom of pool and retrieve 0 pound brick
 - Tread water 30 seconds with hands on head, then move while treading water to where you can touch
4. Must demonstrate a mature attitude
5. This course is only for lifeguard candidates who will be applying to work at a Portland Parks and Recreation facility

BRING TO CLASS: Swim suit, towel, paper, pen, notebook, food, water, warm clothes, verification of age, StarGuard textbook and proof of completion of online program.

COST: \$175.00 Class limited to 36 students
\$125.00 For those who are lifeguards with current American Red Cross, NASCO, E & A, or YMCA Lifeguard certification



Class # 1057051

8am-4pm/Columbia

Sat, Sept 17 (7:30am-4:30pm)
Sun, Sept 18
Sat, Sept 24
Sun, Sept 25

Class # 1057052

8am-4pm/East Portland CC

Sat, Oct 22 (7:30am-4:30pm)
Sun, Oct 23
Sat, Oct 29
Sun, Oct 30

Class # 1057053

1-9pm/East Portland CC

Tue, Dec 27 (12-9:00pm)
Wed, Dec 28
Thur, Dec 29
Fri, Dec 30

Class # 1057054

8am-4pm/Matt Dishman CC

Sat, Jan 21 (9:00am-6:00pm)
Sun, Jan 22
Sat, Jan 28
Sun, Jan 29

Class # 1057055

8am-4pm/East Portland CC

Sat, Feb 25 (7:30am-4:30pm)
Sun, Feb 26
Sat, March 4
Sun, March 5

Class # 1057056

1-9pm/East Portland CC

Mon, March 27 (12:00-9:00pm)
Tue, March 28
Wed, March 29
Thur, March 30

Class # 1057057

1-9pm/Mt. Scott CC

Mon, March 27 (12:00-9:00pm)
Tue, March 28
Wed, March 29
Thur, March 30

Class # 1057058

8am-4pm/East Portland CC

Sat, April 1 (7:30am-4:30pm)
Sun, April 2
Sat, April 8
Sun, April 9

Class # 1057059

8am-4pm/East Portland CC

Sat, April 22 (7:30am-4:30pm)
Sun, April 23
Sat, April 29
Sun, April 30

Class # 1057060

8am-4pm/East Portland CC

Sat, May 6 (7:30am-4:30pm)
Sun, May 7
Sat, May 20
Sun, May 21

Class # 1057061

8am-2pm/Pier

Mon, July 10
Tue, July 11
Wed, July 12
Thur, July 13
Fri, July 14

SWIM INSTRUCTOR TRAINING

REQUIRED FOR PORTLAND PARKS & RECREATION SWIM INSTRUCTORS.

Students successfully completing the training program will receive Co-Swim Instructor Certification.

➔ **NOTE: Successful completion of certification classes DOES NOT guarantee employment.**

PREREQUISITES:

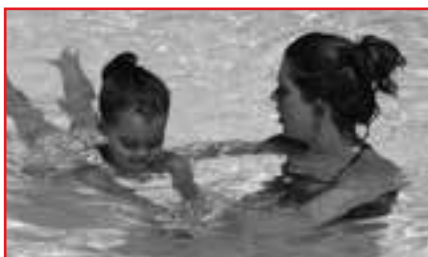
1. Must be a strong, skilled swimmer.
2. Must be able to demonstrate good form and technique for 25 yds of each of the following:
 - Front crawl with side breathing
 - Back crawl
 - Elementary backstroke
3. Age 15 or older by the first day of class
4. Must demonstrate a mature attitude

COST:

\$100 Classes limited to 20 students

\$50 For non-Portland Parks & Recreation Swim Instructors with current ARC or YMCA Instructor Certifications

Portland Parks & Recreation reserves the right to change or cancel classes if necessary.



Class # 1057642

Mt. Scott CC
5:00-9:30pm

Fri, October 14 & 21
8:00am-3:30pm
Sat, October 15 & 22

Class # 1057643

East Portland CC
8:00am-2:00pm

Mon, Dec 19
Tues, Dec 20
Wed, Dec 21
Thur, Dec 22

Class # 1057714

Mt. Scott CC
8:00am-2:00pm

Mon, Dec 19
Tues, Dec 20
Wed, Dec 21
Thur, Dec 22

Class # 1057646

Mt. Scott CC
5:00-9:30pm

Fri, Jan 20 & 27
8:00am-3:30pm
Sat, Jan 21 & 28

Class # 1057647

East Portland CC
5:00-9:30pm

Fri, Feb 24 & Mar 3
8:00am-3:30pm
Sat, Feb 25 & Mar 4

Class # 1057648

East Portland CC
8:00am-2:00pm

Mon, March 27
Tues, March 28
Wed, March 29
Thur, March 30

Class # 1057649

Mt. Scott CC
8:00am-2:00pm

Mon, March 27
Tues, March 28
Wed, March 29
Thur, March 30

Class # 1057703

Columbia
5:00-9:30pm

Fri, April 7 & 14
8:00am-3:30pm
Sat, April 8 & 15

Class # 1057704

Southwest CC
5:00-9:30pm

Fri, April 7 & 14
8:00am-3:30pm
Sat, April 8 & 15

Class # 1057705

East Portland CC
5:00-9:30pm

Fri, April 21 & April 28
8:00am-3:30pm
Sat, April 22 & April 29

Class # 1057706

Columbia
5:00-9:30pm

Fri, April 21 & April 28
8:00am-3:30pm
Sat, April 22 & April 29

Class # 1057713

Southwest CC
8:00am-2:00pm

Mon, July 24
Tues, July 25
Wed, July 26
Thur, July 27

SWIM INSTRUCTOR RECERTIFICATION

PREREQUISITES:

1. Age 15 or older by the first day of class
2. Must hold a current PP&R Swim Instructor Card

COST: FREE Classes limited to 40 students

Class # 1057709

East Portland CC
9:00am to 1:00pm
Sat, December 17

Class # 1057710

East Portland CC
9:00am to 1:00pm
Sat, March 25

Class # 1057711

East Portland CC
9:00am to 1:00pm
Sat, May 6

Class # 1057712

East Portland CC
9:00am to 1:00pm
Sat, June 24

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

WATER FITNESS INSTRUCTOR TRAINING

PP&R offers basic training for candidates interested in instructing Water Fitness Group Classes.

This course is designed for:

- The beginner who has water fitness experience with little or no formal training as an Instructor
- Water Fitness Instructors who need practical experience
- Group Fitness Instructors who want to transition to the water
- Individuals who are interested in learning more about their personal water fitness exercise



PREREQUISITES:

1. Age 17 or older by the first day of class
2. Participants must have a minimum of 20-40 hours of experience in group water fitness classes
3. Participants must be familiar with water exercises and have the ability to demonstrate proper technique and safety considerations from the deck as well as the water

COST: \$85 Classes limited to 20 students

Class # 1057732

Friday / Saturday

September 30, October 1, 7, 8, 14, 15

Fri 6-9pm / Sat 9am-2pm (at Columbia)

Class # 1057733

Friday / Saturday

February 17, 18, 24, 25, March 3, 4

Fri 6-9pm / Sat 9am-2pm (at Matt Dishman CC)

Instructors seeking employment without an approved National Aquatic Certification must pass this course prior to application.

Portland Parks & Recreation Water Fitness Instructors are required to obtain a National Certification within 1 year of employment (such as AEA Cert, see www.aeawave.com).

PP&R plans to host AEA Workshops Spring 2017
For more information about national certifications contact

Larissa Doty at 503-823-3166, or email:
Larissa.doty@portlandoregon.gov

Portland Parks & Recreation reserves the right to change or cancel classes if necessary.

LIFEGUARD REVIEW

For lifeguards with current StarGuard lifeguard certification. First aid, CPR and lifeguard skills will be reviewed and audited, with an update given on any policy revisions. Lifeguards must have worked as a lifeguard in the last 12 months at a Portland Parks and Recreation pool.

PREREQUISITES:

1. StarGuard certification valid through first day of class.

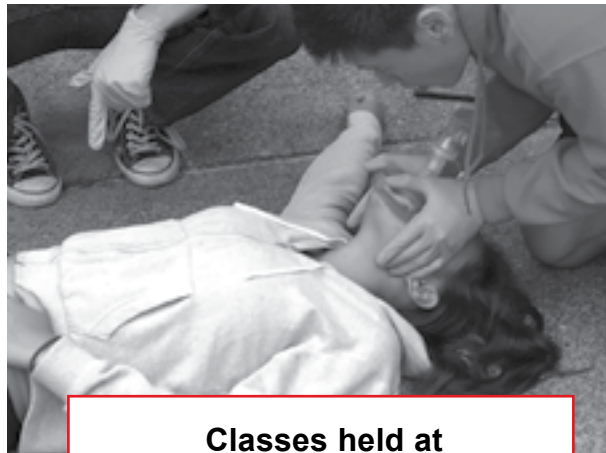
BRING TO CLASS:

- Swim suit, towel, pen, StarGuard textbook, whistle, lanyard, hip pack and pocket mask.

COST:

\$40.00 for Portland Parks & Recreation Lifeguards
You must have worked for PP&R in the past year.

CLASSES LIMITED TO 36 STUDENTS



**Classes held at
East Portland CC Pool**
(unless otherwise noted)

**All class times are
8:00am to 6:00pm**
(unless otherwise noted)

1057062

Sunday, September 11

1057063

Sunday, October 16 (at Mt. Scott CC)

1057064

Saturday, December 17

1057065

Sunday, December 18

1057066

Sunday, December 18 (at Mt. Scott CC)

1057067

Tuesday, December 27 (at Mt. Scott CC)

1057068

Sunday, January 22

1057069

Sunday, February 5 (at Columbia)

1057070

Sunday, February 5

1057071

Saturday, March 25

1057072

Sunday, March 26

1057073

Sunday, March 26 (at Mt. Scott CC)

1057074

Sunday, April 9 (at Mt. Scott CC)

1057075

Sunday, April 30 (at Mt. Scott CC)

HOW TO REGISTER

All Aquatics Training Classes are filled on a first-come, first-served basis. Classes will be closed once the class limit is reached. Mail-in registrations received after classes are filled will be returned.

Please register at least one week prior to start of course. Class assignments must be completed prior to first day of class.

BY MAIL

You may register by mail using the attached form. Mail-in registration must be received one week prior to the first day of class. If a class is filled, the registration and fee will be returned. Mail completed registration form & check or credit card information to:

Make checks payable to City of Portland
Portland Parks & Recreation, Aquatics
2909 SW 2nd
Portland, OR 97201

BY PHONE

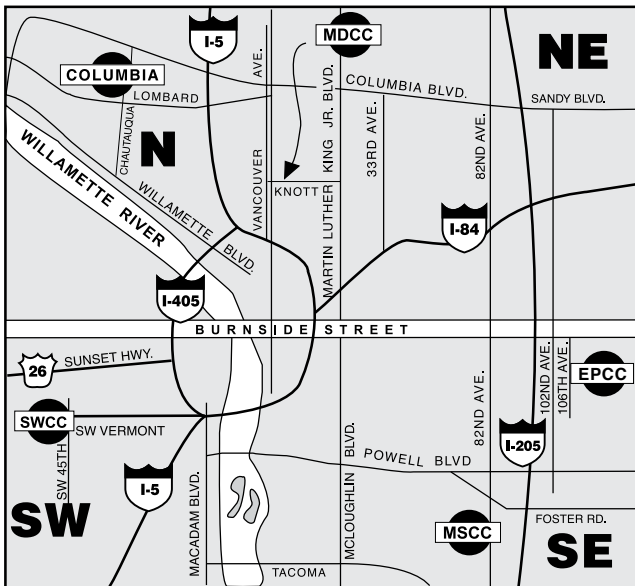
If you are using a Visa or Mastercard, you may register by calling Aquatics, 503-823-5130. Please have the attached registration form filled out prior to calling. Phone-in registration is available during operating hours.

BY WALK-IN

You may register at Columbia, East Portland CC, Matt Dishman CC, Mt. Scott CC or Southwest CC pools during operating hours.

ONLINE

Go to www.PortlandParks.org



Columbia Pool
7701 N Chautauqua Blvd
503-823-3669

East Portland CC Pool
740 SE 106th
503-823-3450

Matt Dishman CC Pool
77 NE Knott
503-823-3673

Mt. Scott CC Pool
5530 SE 72nd Ave
503-823-3183

Southwest CC Pool
6820 SW 45th Ave
503-823-2840

PORTLAND PARKS AQUATICS TRAINING CLASS REGISTRATION

FIRST CHOICE SECOND CHOICE FEE AMOUNT DUE

FIRST CHOICE	SECOND CHOICE	FEE	AMOUNT DUE
CLASS NO. _____	CLASS NO. _____	\$ 175	_____
CLASS NO. _____	CLASS NO. _____	\$40	_____
Must have worked for Portland Parks in the last year			
CLASS NO. _____	CLASS NO. _____	\$35	_____
CLASS NO. _____	CLASS NO. _____	\$100	_____
CLASS NO. _____	CLASS NO. _____	\$FREE	_____
CLASS NO. _____	CLASS NO. _____	\$225	_____
CLASS NO. _____	CLASS NO. _____		
CLASS NO. _____	CLASS NO. _____	\$85	_____

- Lifeguard Certification &
- Lifeguard Review
- Lifeguard Textbook (only)
- Swim Instructor Training
- Swim Instructor Review
- **Special Deal:** (Lifeguard Certification & Swim Instructor Training)
- Water Fitness Instructor

TOTAL AMOUNT ENCLOSED \$ _____

NAME: _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE NUMBER _____

BIRTHDATE _____

Make checks payable to City of Portland

Complete registration form and mail along with check to:
Aquatics, Training Registration; 2909 SW 2nd, Portland, OR 97201

CREDIT CARD PAYMENT

VISA / MASTERCARD

EXPIRATION DATE _____

SIGNATURE AS WRITTEN ON YOUR CARD _____



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland



AQUATICS

2909 SW 2nd
Portland, OR 97201

PRSR STD
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 653

Become **DUAL CERTIFIED** as a PP&R Employee



Gain an additional certification while working as a PP&R employee at a discounted rate. Proof of current certification is required.

COST:

Lifeguard Certification	\$150.00
Swim Instructor Certification	\$75.00
Water Fitness Instructor	\$60.00

All class participants must be strong swimmers!

If you are not a strong, skilled swimmer, you are encouraged to enroll in (and pass), a teen or adult swim class before registering.



WORKING FOR PORTLAND PARKS

Portland Parks & Recreation offers certification classes in lifeguarding, as well as swim instructing. All training classes are challenging, and require that certification candidates be strong, skilled swimmers. Upon certification, candidates can apply for a job with Portland Parks & Recreation.

NOTE: Successful completion of certification classes DOES NOT guarantee employment.

To be hired, applicants must also successfully complete an application and interview process. Portland Parks hires 700+ staff for the summer season and 350 for year-round pools. Applications for summer employment are available in February, year-round applications are now available. Applications may be obtained by calling 503-823-5130.

Employees of the Portland Parks & Recreation Aquatics Department are required to hold the following certifications:

LIFEGUARD

StarGuard Lifeguard Certification
(Includes First Aid and CPR.)

SWIM INSTRUCTOR

Portland Parks Swim Instructor Certification

WATER FITNESS INSTRUCTOR

Portland Parks Water Fitness Instructor Certification

Spring classes fill fast, don't wait!