

City of Cape Girardeau Lifeguard Training

TRAINING COURSES

Are you looking for a job?! We're hiring certified lifeguards for Cape Splash and Central Pool! Lifeguard certification classes are held at Central Pool. Complete course attendance is mandatory for certification. Pre-course testing will be performed prior to the start of the course, and consists of the following: 300-yard continuous swim, demonstrating rhythmic breathing, proper stroke competencies, timed brick dive, and treading water with no hands for two minutes.

The cost is \$50/person for the American Red Cross fee. Courses will be held during the following sessions:

FEBRUARY

February 7-9, 2020
Central Municipal Pool

MARCH

March 6-8, 2020
Central Municipal Pool

APRIL

April 17-19, 2020
Central Municipal Pool

MAY

May 8-10, 2020
Central Municipal Pool

Friday nights are from 4:00 p.m. - 9:00 p.m., and
Saturdays & Sundays are from 9:00 a.m. - 6:00 p.m.

Get ahead of the game and secure your summer job NOW!

CLASSES ARE LIMITED TO 10 PARTICIPANTS, SO MAKE SURE YOUR SPOT IS RESERVED!

Contact Robert at rshanahan@cityofcape.org or 573.339.6612 for more information or to register.



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT

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