

## FAQs

**What is the minimum age requirement?** You must be 15 years of age on or before the final day of the course.

**How do I register?** Each class will have its own registration date and time. **YOU MUST COME IN AND REGISTER IN PERSON. NO PHONE REGISTRATIONS ACCEPTED!** (Only 10 Participants Accepted Per Class)

**When do I pay and how much?** Payment is due the first day of class once the participant completes the pre-course swim tests. **Cost \$125.00 and includes all materials**

**What is the pre-course swim test?** All participants **MUST COMPLETE** and pass swim tests prior to the **FIRST DAY** of class. There are three skills you must successfully complete.

- 300 yard (6 laps) continuous swim using the front crawl, breaststroke or a combination of both and demonstrate rhythmic breathing. Swimming on back or side is not permitted. Swim goggles ARE allowed.
- Tread water for 2 minutes without stopping, using only the legs, hands must be placed under armpits.
- 10 pound brick test: swim 20 yards using front crawl or breaststroke, when the brick is beneath you in the water, surface dive feet first or head first in 7-9 feet of water to retrieve the 10 pound brick, return to the surface and swim 20 yards on your back with both hands on the brick back to the starting point, exit without using a ladder or steps. Goggles ARE NOT ALLOWED.

**Are these timed events?** The 300 yard swim is not, but you may not rest once you have started. The 10 pound brick test must be completed within 1 minute 40 seconds, and you must tread water for 2 minutes without stopping..

**Can I miss any days?** All classes are mandatory as the instructors will not be able to go back over any sections of the course. **Course time is 28 hours (7 hours at home online & 20 hours in-person training)**

**What certifications will I receive?** After successful completion of the course, you will receive certification in Lifeguard Training/First Aid/CPR/AED (valid for 2 years).

**Can I get a job with the county?** Although we would like to hire everyone from our classes, not everyone can be employed with the county. The American Red Cross Lifeguard Training Certification is nationally recognized



American  
Red Cross

For more information on upcoming programs and activities please visit our website:

[www.wcparksandrec.com](http://www.wcparksandrec.com)

WILLIAMSON COUNTY  
PARKS & RECREATION

### For More Information Contact

#### Indoor Sports Complex

Blake Anthony

Phone: 615-370-3471 Ext. 2122

[Blake.Anthony@williamsoncounty-tn.gov](mailto:Blake.Anthony@williamsoncounty-tn.gov)

#### Longview Recreation Center

Stephen Ward

Phone: 615-302-0971 Ext. 2222

[Stephen.Ward@williamsoncounty-tn.gov](mailto:Stephen.Ward@williamsoncounty-tn.gov)

#### Franklin Recreation Complex

Josie Kenney

Phone: 615-790-5719 Ext. 2026

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## 2023 Lifeguard Training Courses "Blended Learning"



LIFEGUARD  
TRAINING 2023

WILLIAMSON COUNTY  
PARKS & RECREATION

**Indoor Sports Complex  
Lifeguard Training Classes**  
920 Heritage Way, Brentwood TN  
37027

**Class #1: “Early Bird”:**

**When:** February 15th – February 18th

**Days class will meet:** Wednesday,  
Thursday, Friday, & Saturday

**Times:** Wed., Thurs., Fri. 3:30 pm–  
8:00pm, Saturday 9:00am– 4:00pm

**Registration:** Will begin Sunday  
January 29th @ 1:00pm at I.S.C

**Class #2 “Spring Break”**

**When:** March 15th - March 17th

**Days class will meet:** Wednesday,  
Thursday, & Friday

**Times:** 9:00am– 4:00pm

**Registration:** Will begin Sunday  
March 5th @ 1:00pm at I.S.C.

**Class #3 “Last Chance”**

**When:** April 5th - 8th

**Days class will meet:** Wednesday,  
Thursday, Friday, & Saturday

**Times:** Wed., Thurs., Fri. 3:30 pm–  
8:00pm, Saturday 9:00am– 4:00pm

**Registration:** Will begin Sunday  
March 26th @ 1:00pm at I.S.C



**Longview Recreation  
Lifeguard Training Classes**  
2909 Commonwealth Dr, Spring Hill  
TN 37174

**Class #1 “Spring Break”**

**When:** March 14th - March 16th

**Days class will meet:** Tuesday,  
Wednesday, Thursday

**Times:** 9:00am– 5:00pm

**Registration:** Will begin Sunday  
March 5th @ 1:00pm I.S.C

**Class #2**

**When:** April 5th - 8th

**Days class will meet:** Wednesday,  
Thursday, Friday, Saturday

**Times:** Wed., Thurs., Fri. 3:30pm–  
8:00pm, Saturday 9:00am - 4:00pm

**Registration:** Will begin Sunday  
March 26th @ 1:00pm I.S.C

**Class #3 “Last Chance”**

**When:** May 9th - May 12th

**Days class will meet:**

Tuesday, Wednesday, Thursday, Friday

**Times:** 3:30pm - 8:00pm

**Registration:** Will begin Sunday  
April 30th @ 1:00pm I.S.C.

**For All Locations:**

- ◆ **Registration and the Pre-Course swim test will be held at the Indoor Sports Complex. Report to the aquatics office inside the pool area. Swim Suit is REQUIRED!**
- ◆ **Please DO NOT arrive more than 15 minutes prior**

**Franklin Recreation Center  
Lifeguard Training Classes**  
1120 Hillsboro Road, Franklin TN 37064

**Class #1 “Early Bird”**

**When:** February 22nd - February 25th

**Days class will meet:** Wednesday, Thurs-  
day, Friday, & Saturday

**Times:** Wed., Thurs., Fri. 3:30 pm–  
8:00pm, Saturday 9:00am– 4:00pm

**Registration:** Will begin Sunday Febru-  
ary 12th at 1:00pm I.S.C

**Class #2**

**When:** March 14th - March 16th

**Days class will meet:** Tuesday, Wednes-  
day, Thursday

**Times:** 9:00am - 5:00pm

**Registration:** Will begin Sunday March  
5th at 1:00pm I.S.C.

**Class #3 “Last Chance”**

**When:** April 5th - April 8th

**Days class will meet:** Wednesday,  
Thursday, Friday, & Saturday

**Times:** Wed., Thurs., Fri. 3:30 pm–  
8:00pm, Saturday 9:00am– 4:00pm

**Registration:** Will begin Sunday March  
26th at 1:00pm I.S.C.



