

LIFEGUARD TRAINING  
COLUMBUS RECREATION AND PARKS  
1160 HUNTER AVENUE  
COLUMBUS, OHIO 43201  
614 645-3129

Columbus Recreation and Parks offer several American Red Cross Lifeguarding classes throughout the year. Each participant must be fifteen years of age and successfully complete water pre-test to continue in the class. The pre-test has two components, a 300 yard non stop swim which consist of 100 yards front crawl, 100 yards breast stroke and 100 yards of your choice using either the front crawl or breast stroke – again this is a non-stop swim. The second component consist of a timed deep water brick retrieval, you will be required to swim 20 yards in deep water, surface dive 7-10 feet and retrieve a 10lb brick and return to your starting point and exit the water. You have one minute and 40 seconds to complete this component.

CLASSES:

Wednesday March 9 to April 27, 5:00 pm to 10 pm

Monday thru Friday April 18 to April 22, 9:00 am to 5:00 pm

Monday thru Friday June 6 to June 10, 9:00 am to 5:00 pm



Mayor Michael B. Coleman