



# NEWS Release

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FOR IMMEDIATE RELEASE  
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## POOL TO HOST LIFEGUARD AND INSTRUCTOR TRAINING

ROCKPORT, TX –The Community Aquatic & Skate Park will host Lifeguard Instructor training on February 12 and the three consecutive Sundays for individuals who have lifeguard certification and wish to become a Lifeguard Instructor. Cost of the program is \$225.

The training program instructs candidates on how to teach Lifeguard Training (including First Aid), CPR for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety and Basic Water Rescue. Additionally, the training prepares candidates in developing their understanding of how to use the course materials and methods, how to conduct training sessions and how to evaluate participants' progress.

For those individuals wishing to become a Lifeguard, a skills test will be administered from 9 am – noon on March 14. Prospective applicants must be at least 15 years of age, able to swim 300 yards using front crawl and breaststroke, capable of treading water for two minutes using legs only, and completion of a timed 20-yard swim that includes retrieval of an underwater weight.

Upon passing the skills test, applicants will undergo training on March 15 – 17 from 9 am – 4 pm. Cost of the program is \$175.

For questions or additional information, please call 361-727-9989.