



# WANT TO BE A LIFEGUARD?

## Now hiring!

## Training Available



Fitness and Aquatics Center  
850-623-7412

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**American  
Red Cross**

# Lifeguard Certification

**Thank you for your interest in taking the Lifeguard Training with MWR. Please read the following information carefully. This should help you with any questions you may have.**

Training is scheduled for April 24 through April 27, 2025. Training will be held at NAS Whiting Field, 7148 USS Yorktown St. Milton, FL32570. For those already familiar with the base, it is the Fitness Center Building 3148. If you currently do not have access to the base, arrangements will be made for you to enter for the course prior to the class start date. The Aquatics Manager will be in contact with you on this procedure.

The cost of the Lifeguard Training is \$185.00. The fee is to be paid prior to the start of the class and is **NOT** refundable. For those employed with MWR there will be a reimbursement of the training fee dependent upon a satisfactory or better end of season evaluation.

**To successfully complete the training, you must complete all of the following:**

- ❖ Complete the online portion of the course prior to the start of class. This takes a few hours, so it is best not to wait until the last minute.
- ❖ Pass the pre-course skills test the first day of training.
- ❖ Pass a timed skill test retrieving a 10-pound brick from the bottom of the pool
- ❖ Attend all classroom sessions and be on time.
- ❖ Pass a final skills test
- ❖ Pass a final written test with a score of at least 80%

In class sessions are scheduled as follows:

- ❖ Thursday & Friday 1700 – 2100
- ❖ Saturday & Sunday 0900 – 1700

Things to remember about the course:

- ❖ This is a course to certify you as a Lifeguard/Professional Rescuer. Please come to class ready to take notes during the lecture portion. This will assist you in passing the written exam.
- ❖ Training will be outdoors, so sunscreen is important.
- ❖ Bring a towel and an extra towel. We will be in and out of the pool a lot.
- ❖ We will be going all day with only a 30-minute lunch, so please bring a lunch and snacks.

Successful completion of the course does NOT guarantee employment. Those employed by MWR could potentially get reimbursed for their fees, though it is NOT guaranteed. Reimbursement is determined on a successful review and completion of the 2025 aquatic season with MWR.

If you have any questions, please feel free to reach out to our Aquatics Manager, Rebecca “Alex” Thomson at 850-623-7096. **Swim on!**



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