

Dear Lifeguard Candidates,

Please review the enclosed information and fill out the application (have parents sign if applicable) and bring it with you to the pre-course swim (I will call you before May 3rd and let you know exactly where that will be). Be prepared for the pre-course swim – you need your bathing suit (no cut-offs for males; ladies need a one piece suit), a good pair of goggles, a towel and a change of clothes. Please note that the pre-course swim is not timed but you do need to swim the laps continual. It is a good idea to swim prior to the class if at all possible.

Upon completion of the class pre-requisites we will distribute books and class materials as well as discuss the layout of the class. There will be homework and/or reading each night; make sure you set aside time each day to prepare for class.

Thank you for enrolling in our Lifeguard class. Please feel free to contact us if you have any other questions: 903-935-9532 or 903-926-3200.

Sincerely,

James & Gina Hester

American Red Cross
Lifeguard Instructors