

Tuttle Training Solutions

Quality Training, Efficient Operation

Lifeguard Course Prerequisites

To enroll in the Lifeguarding Instructor course you must:

- Be at least 15 years old by the last day of class,
- Successfully complete the Pre-course session on the first day of class.

The pre-course session includes swimming. The skills consist of the following:

Swimming Skills

- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either breathing to the side or to the front.
 - 100 yards breaststroke using pull, breathe, kick, and glide sequence.
 - 100 yards of either front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.