

WATER SAFETY COURSES



JEFF ELLIS & ASSOCIATES INTERNATIONAL LIFEGUARD TRAINING PROGRAMS

The Jefferson City Parks & Recreation Department's aquatic staff is trained by the Jeff Ellis & Associates International Lifeguard Training Program. Successful completion of this class provides the necessary license to work for the Jefferson City Parks & Recreation Aquatic Facilities.

Individuals will learn how to anticipate, recognize, and manage accidents/incidents in a professional manner, while protecting themselves. Training includes performing rescues and giving emergency care. Included in this course you will learn First Aid, CPR, oxygen administration, and how to work an AED. **Individuals taking a lifeguard class will be notified by letter as to where all training will take place.**

INTERNATIONAL LIFEGUARD TRAINING PROGRAM (NEW LIFEGUARDS)

Minimum Age: Must be 15 years of age by course date.

Pre-requisites:

1. Tread water for one minute using legs only.
2. Swim 100 yards continuously using front crawl or breaststroke.
3. Retrieve a 10 pound object from water depth of 12 feet and return to the surface.
4. Must be able to access the internet.



This class will require some on-line training. Participants must go to the Parks & Recreation office to register and pick up their packet for internet access. Please do this early so you have time to complete all required work.

Enrollment Limit: 14

Activity Number	Class Dates	Fee	Registration Deadline	*Late Fee
603351-01	April 17-18	\$160	April 9	\$170
603351-02	May 22-23 (P & R staff)	\$160	May 14	\$170
603351-03	June 5-6	\$160	May 28	\$170

ELLIS & ASSOCIATES LIFEGUARD RENEWAL CLASSES (RETURNING LIFEGUARDS)

*Must have proof of current certification if not a Jefferson City Parks & Recreation Lifeguard.

Enrollment Limit: 16

Activity Number	Class Dates	Fee	Deadline	*Late Fee
603352-01	March 27	\$90	March 19	\$100
603352-02	May 16	\$90	May 7	\$100
603352-03	June 1 (P & R staff)	\$90	May 25	\$100

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE (WSI)

The WSI course will certify individuals to teach water safety, including the Basic Water Rescue course, six levels of the American Red Cross Learn to Swim Program and Parent and Child Aquatics. Participants must be at least 16 years of age by the scheduled date of the course.

Location: Ellis-Porter Pool

Class Dates: June 7 - 11 & June 14-18

Fee: \$155

***Late Fee:** \$165

Registration Deadline: June 1

Activity Number: 603353-01
Class Time: 8 am - 12 noon



JUNIOR LIFEGUARD

This program is designed to be a community based water safety program for youth ages 11-15. It uniquely combines certification opportunities, work experience, skill development, competition, teamwork and leadership skills. Daily sessions will consist of physical training, lecture/demonstration, team building activities and leadership training. Students will receive instruction in water safety, public relations, facility operations, basic work skills, lifeguarding skills, first aid and CPR. Students will receive a certification from Jeff Ellis & Associates International Lifeguard Training Program, a t-shirt and a graduation ceremony to show off their new skills. Graduates will have the opportunity to continue their training through the aquatic volunteer program. Youths working for the training program will receive free admission to the pool only on days they are scheduled to work. A **graduation ceremony** will be held for all NEW junior lifeguards on **June 14** at **Ellis-Porter Pool** beginning at 5:30 p.m.

ELLIS & ASSOCIATES JUNIOR LIFEGUARD CLASSES (NEW JUNIOR GUARDS)

Enrollment Limit: 30 **Minimum Limit:** 15

Location: Ellis-Porter Pool

Session I: June 7 - 11

Activity Number	Class Times	Fee	Deadline	*Late Fee
603361-01	9:45-11:45 am	\$35	June 1	\$40
603361-02	5:30-7:30 pm	\$35	June 1	\$40

(participants must attend all 5 days - no exceptions)

ELLIS & ASSOCIATES JUNIOR LIFEGUARD RENEWAL CLASS (RETURNING GUARDS)

Enrollment Limit: 50 **Minimum Limit:** 20

Location: Ellis-Porter Pool

Session I: June 2 and 3

Activity Number	Class Dates	Fee	Deadline	*Late Fee
603361-03	5:30-7:30 pm	\$35	May 26	\$40

(participants must attend both days - no exceptions)