



# Community Lifeguard Courses 2024-2025

Lifeguard Course Fee: \$217 (Residents) ; \$271 (Non-Residents)

Lifeguard Review Course Fee: \$115 (Residents) ; \$144 (Non-Residents)

You must pass the pretest to be able to continue with the class.

If participant does not pass the pretest, will not be able to continue with the training and will not be eligible for a refund.

You must register 1 day prior to class.

Participants must be 15 years of age on or before the last scheduled session of the course.

Prerequisite test involves of the following:

1. Complete a swim-tread-swim sequence without stopping to rest:
  - Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back side is not permitted. Swim goggles are allowed).
  - Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
  - Swim 50 yards using the front crawl, breaststroke or a combination of both.
2. Complete a timed event within 1 minute and 40 seconds:
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Submerge to a depth of 7-10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
  - Exit the water without using a ladder or steps.

## Community Instructor-Led Lifeguard Course Schedule

(Minimum of 5 participants required to proceed with course.)

Dates of class	Times of Class	Days of Class	Location of Class
Dec 21-24	8:00AM-5:00 PM	Sat-Tues	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
Dec 27-30	8:00AM-5:00 PM	Fri-Mon	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
Mar 10-13	8:00AM-5:00 PM	Mon-Thurs	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
March 12-15	8:00AM-5:00 PM	Wed-Sat	Eastside Natatorium 13501 Jason Crandall Dr. 79938
April 4-6 & 12	5 PM-9 PM (1 <sup>st</sup> Class only) & 8 AM – 5 PM	Fri-Sun & Sat	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
April 25-27 & May 3	5 PM-9 PM (1st Class only) & 8 AM – 5 PM	Fri-Sun & Sat	Eastside Natatorium 13501 Jason Crandall Dr. 79938
May 2-4 & 10	5 PM-9 PM (1 <sup>st</sup> Class only) & 8 AM – 5 PM	Fri-Sun & Sat	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
May 16-18 & 24	5 PM-9 PM (1st Class only) & 8 AM – 5 PM	Fri-Sun & Sat	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
Jun 9-12	8:00AM-5:00 PM	Mon-Thurs	Armijo Aquatics Center 911 S. Ochoa 79901

## Community Lifeguard Review Course Schedule

(Minimum of 5 participants required to proceed with course.)

Dates of class	Times of Class	Days of Class	Location of Class
Nov 10	8:00AM-5:00 PM	Fri	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
Jan 3	8:00 AM-5:00 PM	Fri	Eastside Natatorium 13501 Jason Crandall Dr. 79938
March 2	8:00AM-5:00 PM	Sun	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
March 23	8:00AM-5:00 PM	Sun	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
June 08	8:00AM-5:00 PM	Sun	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902
June 22	8:00AM-5:00 PM	Sun	Pat O'Rourke Aquatics Center 901 N. Virginia St. 79902

For registration and information on lifeguard courses, please contact Armijo Aquatic Center (911 South Ochoa Street, El Paso, TX 79902) to 915-212-0395 during operating hours.

or

Please email [avilajr1@elpasotexas.gov](mailto:avilajr1@elpasotexas.gov) or [wrightsl@elpasotexas.gov](mailto:wrightsl@elpasotexas.gov) for more information.

Already Red Cross Lifeguard Certified? Apply with us today!  
Scan QR code below.

