



# LIFEGUARD TRAINING

## Pre-requisites:

- Must be 15 years old by the end of the course (provide ID)
- Swim 300 yards continuously.
- Tread water 2 minutes without use of hands.
- Swim a timed event in 1:40: swim 20 yards, retrieve 10lbs brick from deep water, swim back with brick, exit pool

Lifeguard Training, CPR, AED, First Aid certification provided upon passing the course.

**To Register:** Please bring DOB picture ID and payment to facility.



## Lifeguard Training Course

---

To achieve certification:

- Attend all course days & times listed below
  - Pass pre-test
  - Pass written and practical exams
- 

## Course Days & Times:

**No courses  
scheduled at this  
time**

**Please contact the  
instructor below for  
more information**

### MILPITAS STAR AQUATICS

1818 Clear Lake Ave  
Milpitas, CA 95035  
408-942-8889  
[www.msta-swim.com](http://www.msta-swim.com)

Instructor:

[tiago.staraquatics@gmail.com](mailto:tiago.staraquatics@gmail.com)