

## **Lifeguards Course**

Mar. 21 – Apr. 1

Apr. 25 – May 6

May 23 - June 3

Nov. 28 – Dec. 9

Fort Sill offers a two-week class to fully qualify as an American Red Cross lifeguard. This class offers training in life saving techniques, first aid, cardio-pulmonary resuscitation and use of an automatic external defibrillator. The class is held nightly 5 - 8:30 p.m. at the Rinehart Fitness Center swimming pool.

All candidates must pass a swim test before enrolling. Contact the Aquatics manager at 580-442-6200 to schedule this test. Only the first 10 candidates that pass the test will be accepted. Candidates must attend all classes, score 80 percent or higher on each written test and successfully demonstrate and pass all water skill tests to graduate as an American Red Cross lifeguard. Classes and times are subject to change at instructor's request.

The course costs \$135, payable by check or money order to Family & MWR Aquatics (due upon passing prerequisite).

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## **Challenge Courses**

For those people who are qualified lifeguards but need to be recertified this year, Fort Sill offers a four-hour "Challenge Course" for both Lifeguarding/First Aid and CPR/AED.

### **Lifeguarding/First Aid Challenge Course**

Mar. 26

Apr. 9

Apr. 30

This course is offered 10 a.m. – 2 p.m. on the dates above at Rinehart Fitness Center swimming pool.

Candidates should call the Aquatics Office at 580-442-6200 to schedule their challenge (Only the first 10 participants to enroll with paid tuition will be accepted into each class).

The course costs \$75 (payable by check or money order to Family & MWR Aquatics) at the office in, Rinehart Fitness Center.

### **CPR/AED for Lifeguards Challenge Course**

Mar. 26

Apr. 9

Apr. 30

This course is offered 8-10 a.m. on the dates above at Rinehart Fitness Center swimming pool.

Candidates should call the Aquatics Office at 580-442-6200 to schedule their challenge (Only the first 10 participants to enroll with paid tuition will be accepted into each class).

The course costs \$45 (payable by check or money order to Family & MWR Aquatics) at the office in, Rinehart Fitness Center.

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## **Water Safety Instructor Course**

May 7, 14, 21, 28

Oct. 29

Nov. 5, 12, 19

This eight-hour course is offered 9 a.m.-5 p.m. on the dates indicated above, and it is conducted at the Rinehart Fitness Center swimming pool.

Candidates must call the Aquatics office to schedule a course time slot (Only the first 10 participants to enroll with paid tuition will be accepted into each class). For more information, the Aquatics office phone number is 580-442-6200.

The course costs \$175 (payable by check or money order to Family & MWR), at the Aquatics office in Rinehart Fitness Center.

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## **Lifeguard Instructor Course**

Aug 22 – Sept. 2

This two-week course is held daily 5-9 p.m. at the Rinehart Fitness Center Swimming Pool.

The course costs \$225 (payable by check or money order to Family & MWR). Payments should be made at the Aquatics office in Rinehart Fitness Center.