

2020 Lifeguard and Title 22 Course Agenda

Please note that this agenda is subject to change. We do our best to minimize changes, but the class will be modified (if necessary) to accommodate the needs of the students

1. Monday, Day 1 (8am-4pm)

- Meet at Lincoln Pool
 - *Be prepared to be in the pool most of the day*
- **LUNCH 12:15-1:00 (45 minutes)**

2. Tuesday, Day 2 (8am-5pm)

- Meet at Lincoln Pool
 - *First half of the day is out of water, after lunch the rest of the day is in water*
- **LUNCH 11:30-12:00**

3. Wednesday, Day 3 (8am- 3:15pm)

- Meet at Lincoln Pool
 - First half of the day is out of water, after lunch the rest of the day is in water*
- **LUNCH 12:00-1:00**

4. Thursday, Day 4 (8am-4:45pm)

- Meet at Lincoln Pool
 - *First half of the day is out of water, after lunch the rest of the day is in water*
 - Written exams are on this day*
- **LUNCH 12:00-12:30**

5. Friday day 5 (8am-3:30pm)

- Meet at Lincoln Pool
 - *Be prepared to be in the pool the entire day*
 - *Final Skills Exams are on this Day*
- **BREAK 9:30-10:00**

NOTES:

Please bring the following items to class daily:

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|-------------|--------------------|---|
| ➤ Water | ➤ Snacks | ➤ Lunch (if you do not plan on leaving during lunches/breaks) |
| ➤ Sunscreen | ➤ Writing utensils | |
| ➤ Towels | ➤ Notebook | |
| ➤ Swim Gear | | |