

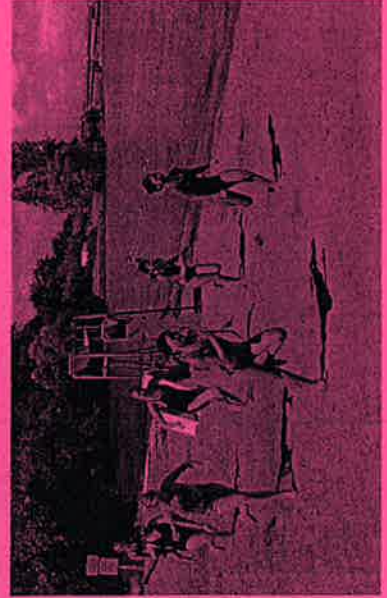


### What is the Lifeguard Training Team?

The Lifeguard Training Team is a **FREE** program designed to train and certify Seattle's youth in lifesaving skills. Seattle Parks and Recreation offers this program each summer at Mount Baker Beach. The training includes American Red Cross certification in Lifeguard Training, First Aid, and CPR, and beach -specific rescue techniques. It is a great way to build self esteem, job skills, and long lasting friendships.

Seattle Parks provides training, books, uniforms, and basic materials at no charge to the participant. Participants will work individually, in small groups, and with the rest of the team to build skills and knowledge throughout the summer.

Attendance is critical for the team and for individuals to keep on track. Participants must be able to attend **all** scheduled training. The skills taught each day build on each other.



### 2010 Program Dates: June 28 through August 19

#### Schedule & Location:

- Monday through Thursday, 1pm-5pm (mandatory)  
**Mount Baker Beach**  
2301 Lk. Washington Blvd.  
Just south of the I-90 Bridge  
Bus # 14 & 27
- Occasional training dates will be at:  
**Medgar Evers Swimming Pool**  
500 23rd Ave.  
Next to Garfield High School  
Bus # 3, 4, 48
- Friday field trips may be scheduled.



### Participant Swimming Skills Pre-Test

Each participant must attend one of two swimming skills tests before the first class.

**These will be on Thursday May 13th or Thursday June 10th 6:00 to 7:00pm** at Medgar Evers Swimming Pool. The pretest is a prerequisite for The American Red Cross Lifeguard Training Course. It is also your chance to meet the instructors and ask questions about the program. All applicants must pass the swimming skills pretest

Please bring a swimsuit and towel, and be prepared to swim.

## Lifeguard Training Team Application Form

Applicants must be between 15 and 17.

Please apply online or complete the application below on a separate sheet of paper answer the following questions about yourself.

1. What is your background in swimming?
  2. Where do you go to school?
  3. Why do you want to join LTT?
  4. What do you hope to get out of this program?
  5. How did you hear about LTT?
  6. Do you have any vacation plans that might conflict with program dates?
- Please send application to the Aquatics office at the address listed at the bottom of the page.

Name: \_\_\_\_\_

Birthdate & age: \_\_\_\_\_

Grade in School: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

Mailing address: \_\_\_\_\_

E.E.O. Info (optional)

Hispanic

White (not Hispanic)

Black (not Hispanic)

Asian/Pacific Islander

American Indian/

Alaskan Native

Lifeguard Training Team  
Citywide Aquatics  
860 Terry Avenue N  
Seattle, WA 98109  
206-684-4078

Apply online at:

[www.seattle.gov/parks](http://www.seattle.gov/parks)

to print a copy of this application.



SEATTLE PARKS  
AND RECREATION

## Who can join the LTT program?

The Lifeguard Training Team focuses on youth ages 15-17. It is a **FREE** summer-long program designed to train participants to be lifeguards and build other job skills.

The Lifeguard Training Team is a tremendous opportunity for you to learn and grow, to build lasting friendships, and to acquire skills you'll use all your life.

You don't have to be an Olympic athlete or world class swimmer to join. We just ask that you try your hardest, participate every day, and be part of the team. The instructors' provide a safe, well supervised and encouraging environment. The safety of the participants is our #1 priority.

All participants will have the opportunity to take the written and practical skills test to acquire certification as a lifeguard. We conduct skill testing throughout the summer and conduct final testing in the last two weeks of the program.

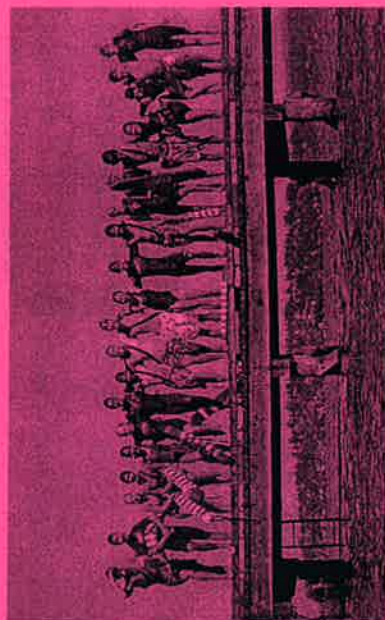
The Lifeguard Training Team is a program that Seattle Parks and Recreation created to help promote diversity among our staff. It is Parks' policy to have a diverse work force representative of our community. Diversity means not only equal employment opportunities for minorities, women, and persons with disabilities, but also people from all cultures.

**Lifeguard Training Team  
Summer Aquatics  
860 Terry Avenue North  
Seattle, WA 98109**



# Lifeguard Training Team 2010

**June 28—August 19**



**FREE PROGRAM FOR TEENS**

Apply online at: [www.seattle.gov/parks](http://www.seattle.gov/parks)

