

Attention Volunteers! CCPR needs your help! We are looking for volunteers with current certifications to complete lifeguard certification at no cost and join our team this summer.

## Seasonal Employment Opportunity <u>Aquatics Safety Specialist - \$20 / hour</u> Independence Day through Labor Day 2021 (Shifts based on your availability)

Our next Lifeguard class we will be running on the following dates:

July 1: Water test 5pm – 9pm

July 7: Non-Spinal training 5-9pm

**July 8:** CPR 4:30 – 9pm

July 9: Deep water non spinal 5-9 pm

**July 11:** Combination of water and classroom 10 – 7pm

July 13: Water test & written test. 5-9 pm

## Water test Requirements:

- Swim 300 yards continuously, demonstrating breath control and Rhythmic Breathing (Front crawl/ freestyle & breaststroke)
- Tread water for 2 mins using only your legs (hands placed across your chest or under your armpits for the 2min period)
- Complete a timed event within 1minute 40 seconds. Must swim 10 feet out drive to retrieve a brick from the deep end of the pool and return with brick and get out of the pool Unassisted. Brick will be retrieved in at least 7 ft or deeper water.

If those dates for certification don't work, still reach out! We'll continue to run certification courses through the summer!

Contact: Shannon Nazzal — <u>Shannon.nazzal@calvertcountymd.gov</u> 410-535-1600 x2224

Bob Branham - Robert.Branham@calvertcountymd.gov 410-535-1600 x2673