



CITY OF MIAMI LIFEGUARD TRAININGS 2022

CLASSES ARE LIMITED
TO 10 PERSONS

2022 SESSIONS

COURSE

1

Friday January 28

4:00-9:30pm • 5.5hrs.

Saturday January 29

8:00-5:30PM • 9.5hrs.

Sunday January 30

8:00-5:30PM • 9.5hrs.

2

Friday February 25

4:00-9:30pm • 5.5hrs.

Saturday February 26

8:00-5:30PM • 9.5hrs.

Sunday February 27

8:00-5:30PM • 9.5hrs.

3

(SPRING
BREAK)

Mon. March 21

9:00-2:00PM • 5hrs.

Tues. March 22

9:00-2:00PM • 5hrs.

Wed. March 23

9:00-2:00PM • 5hrs.

Thurs. March 24

9:00-2:00PM • 5hrs.

Fri. March 25

9:00-2:00PM • 5hrs.

4

Friday April 23, 2022

4:00-9:30PM • 5.5hrs.

Saturday April 24, 2022

8:00-5:30PM • 9.5hrs.

Sunday April 25, 2022

8:00-5:30PM • 9.5hrs.

5

Friday May 20, 2022

4:00-9:30PM • 5.5hrs.

Saturday May 21, 2022

8:00-5:30PM • 9.5hrs.

Sunday May 22, 2022

8:00-5:30PM • 9.5hrs.

MILLER J & NANCY S.
(HADLEY POOL)

305-960-4636

NOTE: COURSE DATES ARE TENTATIVE, COURSES ARE GIVEN IF MINIMUM ENROLLMENT IS MET.
TO REGISTER FOR THE TRAINING PLEASE VISIT EVENTBRITE AND SEARCH: CITY OF MIAMI 2022 LIFEGUARD TRAINING
FOR MORE INFORMATION, YOU MAY CONTACT PARKS@MIAMIGOV.COM

MILLER J & NANCY S. (HADLEY POOL)

4800 N.W. 12 Ave., Miami, FL 33142

PREREQUISITE TEST:

Swim 300 yards continuously using the following strokes: 100 yard front crawl stroke using rhythmic breathing with propellant kick; 100 yard breaststroke; 100 yard of participants choice between the two, no time requirement for this skill. Swim 20 yards using the front crawl or breaststroke; surface dive to minimum depth of 7 feet and retrieve a 10 pound object, and then return with it to the surface and swim 20 yards, on back, to the start point. When returning to the starting point, the candidate must hold the 10 pound object with both hands and keep his or her face above water while swimming on their back. Time requirement of 2 minutes.

***Minimum age of 16.

Participants seeking employment with the City of Miami must have 20/40 uncorrected vision in each eye. Hearing must be within normal range to be able to hear adults and children in life and/or health and safety endangering situations.

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