

LIFEGUARD FITNESS & FUN!

REGISTER NOW!

FREE
AGES 14-24

TUE & THU, 3-4PM
FEB 24 - APR 2
No Work Commitment
LIMIT: 20 STUDENTS

OTHER SESSIONS:
April 14-May 14
May 19-June 25

THE BENEFITS

Free fitness swimming & games
Free training for lifeguard exams
Great afterschool activity

WORK OPPORTUNITIES

Work as a lifeguard at local
pools, lakes & rec centers!





MOUNT RAINIER POOL LAUNCHES FREE 6-WEEK AQUATIC WORKFORCE PATHWAY FOR YOUTH AND YOUNG ADULTS

The Des Moines Pool Metropolitan Park District is offering a free, 6-week Community Lifeguard Preparedness Training Program at the Mount Rainier Pool. This program helps youth and young adults build swimming skills, fitness, confidence, and water safety knowledge while preparing for future lifeguard certification and aquatic careers.

This training is grant-funded by King County Parks and is open to individuals ages 14 to 24 who are interested in improving their swimming ability and learning more about lifeguarding and water safety. Participants do not need to be District employees to take part.

Classes meet twice per week on Tuesdays and Thursdays from 3:00–4:00 p.m. Each session runs for six weeks, and participants may repeat sessions, advance when ready, or pause between sessions based on availability. Participants are also welcome to lap swim after class when space allows.

Program Schedule

- Session 1: February 24 – April 2
- Session 2: April 14 – May 14
- Session 3: May 19 – June 25

Classes are staffed at a 1 instructor to 20 participant ratio, with additional assistants present to support safety and individualized coaching. Participants may miss no more than three unexcused classes per session.

Community Lifeguard Preparedness Training Focus

This program is designed for participants who may not yet meet lifeguard pre-test requirements but are comfortable being in the water. Participants should be able to submerge their face and swim approximately 25 yards, with rest as needed.

Training emphasizes:

- Aquatic fitness and conditioning
- Swimming endurance and stroke development
 - Deep-water comfort and treading skills
 - Water safety awareness
- Structured games and activities that build teamwork, confidence, and skill through movement

Outcomes by the End of Six Weeks

Participants will work toward:

- Swimming 150–200 yards continuously using any stroke
- Treading water for 90 seconds to 2 minutes (hands allowed)
 - Demonstrating comfort in deep water
- Understanding basic water safety concepts and the role of a lifeguard
- Building confidence and readiness for certification-level training

Participants who meet program benchmarks may be recommended to advance into free lifeguard, swim instructor, or instructor certification courses offered at the Mount Rainier Pool.

Building Water Safety and Opportunity

“This program removes cost barriers while giving young people the time, coaching, and confidence they need to succeed in the water,” said District General Manager Scott Deschenes. “It’s about safety, skill-building, and creating real opportunities for our community.”

For more information or to register, visit www.mtrainierpool.com or contact the Mount Rainier Pool at (206) 824-4722.