

# FREE Lifeguard Training

SAVE (Seasonal Aquatic Vocational Education) Program!



## Prerequisites

- 15 years of age or older
- Pass City of Raleigh controlled substance and background tests
- Swim 300 continuously with rhythmic breathing
- Tread water using only legs for 2 minutes
- Swim 20 yards, retrieve a 10 lb. object from the bottom of the pool, return object to starting position and exit the water in 1 min 40 seconds
- Work 155 hours for the City of Raleigh upon completion of the lifeguard class

## How to Apply

1. Apply at [governmentjobs.com](http://governmentjobs.com)
2. Enter “**Lifeguard - not certified**”
3. Enter “**Raleigh**” and click “find jobs”
4. Locate the job and click it
5. Under job title, click “apply”
6. Create a profile
7. Complete application
8. Upon review of your application, you will be contacted to schedule a tryout.

*Already Certified? Follow the same steps and apply to our **Lifeguard-Certified** Position.*



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

## QUESTIONS?

919-996-6852

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