

Orange County Parks and Recreation

LIFEGUARD JOB FAIR

Wednesday, March 21, 2012

4:00 pm - 6:30 pm

FORT GATLIN POOL

2009 LAKE MARGARET DRIVE, ORLANDO

INTERVIEWS AND WATER TESTS CONDUCTED THAT NIGHT

Applicants must be at least 16 years of age.

Applicants must bring the following:

Student ID • Bathing Suit and Towel • Three Letters of Recommendation

Water Test Includes:

1. **Swim 550 yards continuously, using these strokes:** either front crawl using rhythmic breathing and a stabilizing, propellant kick or breaststroke using a pull, breathe, kick and glide sequence
2. **Tread water for 2 minutes using only legs.** Candidates should place hands under the armpits.
3. **Timed Event** - Starting in the water, swim 20 yards using front crawl or breast stroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps **within 1 minute, 40 seconds.**
4. **Swim 5 yards;** submerge and retrieve 3 dive rings placed 5 yards apart in 4–7 feet of water; resurface; swim 5 yards to side of the swim area. Ensures the participants will have the underwater swimming and breath holding skills needed to learn the deep water search skills.

Free lifeguard certification class provided for candidates selected for Orange County lifeguard employment

For more information call Orange County Parks & Recreation Lifeguard Job Line at 407-254-9819