

## 2026 DSREC Lifeguard Training Schedule

| #  | Month    | Date      | Days and Times                   | Course Title      | Location     | Price | Misc.  |
|----|----------|-----------|----------------------------------|-------------------|--------------|-------|--|
| 1  | Mar      | 1         | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | FREE  | FREE CLASS   |
| 2  | Feb/Mar  | 27,28,3/1 | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | DS,DS,SCOB   | \$95  | Discounted Class   |
| 3  | Mar      | 8         | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | FREE  | FREE CLASS   |
| 4  | Mar      | 6,7,8     | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | DS,DS,SCOB   | \$95  | Discounted Class   |
| 5  | Mar      | 22        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | FREE  | FREE CLASS   |
| 6  | Mar      | 20,21,22  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | SCOB,DS,SCOB | \$95  | LAST Discounted Class  |
| 7  | Mar      | 29        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | \$48  |  |
| 8  | Mar      | 27,28,29  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | SCOB,DS,SCOB | \$130 |  |
| 9  | April    | 12        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | \$48  |  |
| 10 | April    | 10,11,12  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | SCOB,DS,SCOB | \$130 |  |
| 11 | April    | 19        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | LKSH         | \$48  |  |
| 12 | April    | 17,18,19  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | LKSH,DS,LKSH | \$130 |  |
| 13 | April    | 26        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | SCOB         | \$48  | Last chance before pools open in May                             |
| 14 | April    | 24,25,26  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | HVHS,DS,SCOB | \$130 | Last chance before pools open in May                             |
| 15 | April    | 25        | Saturday 8:00am-7:00pm           | Lifeguard Recert  | HVHS         | \$48  | Last chance before pools open in May                             |
| 16 | April    | 24,25,26  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | GRAY,DS,GRAY | \$130 | Last chance before pools open in May- <b>SHALLOW WATER CLASS</b> |
| 17 | May      | 10        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | HVHS         | \$48  |  |
| 18 | May      | 8,9,10    | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | HVHS,DS,HVHS | \$130 |  |
| 19 | May      | 17        | Sunday 8:00am-7:00pm             | Lifeguard Recert  | HVHS         | \$48  | Last chance before Memorial Weekend                              |
| 20 | May      | 15,16,17  | Fri 5p-8p, Sat 8a-7p, Sun 8a-7p  | Blended LG 1st Yr | HVHS,DS,HVHS | \$130 | Last chance before Memorial Weekend                              |
| 21 | May/June | 31,1,2    | Sun 9a-3p, Mon 8a-7p, Tues 9a-5p | Blended LG 1st Yr | DS,HVHS,DS   | \$130 |  |
| 22 | June     | 7,8,9     | Sun 9a-3p, Mon 8a-7p, Tues 9a-5p | Blended LG 1st Yr | DS,HVHS,DS   | \$130 |  |
| 23 | June     | 14,15,16  | Sun 9a-3p, Mon 8a-7p, Tues 9a-5p | Blended LG 1st Yr | DS,HVHS,DS   | \$130 |  |
| 24 | June     | 21,22,23  | Sun 9a-3p, Mon 8a-7p, Tues 9a-5p | Blended LG 1st Yr | DS,HVHS,DS   | \$130 |  |

**Please Note:** All returning potential DS employees will need to enroll in the Lifeguard Recertification class. The entire class will be done in person. RECERTIFYING EMPLOYEES MUST COMPLETE AN ONLINE COURSE PRIOR TO ATTENDING THE CLASS.

YOU MUST BE 15 YEARS OLD BY DAY 1 OF YOUR IN PERSON COURSE

### Frequently Asked Questions:

- To enroll in a course, go to [www.dsrec.com](http://www.dsrec.com) - scroll down to Training Schedule in RED (click on the button on the right)
- You must complete your hire/rehire paperwork in full BEFORE you enroll in a lifeguard course (this can be started by filling out an application on our website).
- First Year Lifeguard classes are American Red Cross Blended Learning and include 6 hrs. of the class to be completed online 48 hours PRIOR to the sessions above.
- You may enroll and pay for classes at [www.dsrec.com](http://www.dsrec.com) with a Credit or Debit card.
- All returning lifeguards need to bring their hip pack with their mask to class or purchase a new one
- All courses listed above are **NON REFUNDABLE**
- LG 1st Year Classes include the necessary CPR mask/hip pack in the prices. Books will be available to use during class or you may download one online for free.
- You must attend all dates and times of the course you enroll in and pass all online, written and skill tests to obtain Lifeguard Certification
- If you are NOT working for DS Recreational Services, Inc. there is an additional \$40 fee per class. DS only accepts open enrollment for 1st Year classes.
- 10. SCOB - Spring Creek Oaks Big Pool is located at 6002 Bur Oak Dr. Spring, TX 77379**
- 11. DS Recreational Services Office is located at 18821 Intercontinental Crossing Dr., Houston, TX 77073.**
- 12. LKSH - Lakeshore Pool is located at 15909 Harbour Light Dr, Houston, TX 77044**
- 13. HVHS - Havenhouse Pool is located at 1910 Havenhouse, Dr. Spring, TX 77386**
- 14. GRAY - Graystone Pool is located at 2030 Graystone Hills Dr Conroe, TX 77304**