

LIFEGUARD TRAINING



AMERICAN RED CROSS

LIFEGUARD TRAINING CLASSES

GIVEN BY CERTIFIED INSTRUCTOR and TRAINER

**LIFEGUARD TRAINING Registration: Date: February 23rd & 25th
At Connetquot High School pool 7pm-8:00pm**

Class is on Wednesdays

At Connetquot High School pool 7pm-9:30pm

LIFEGUARD TRAINING Dates

***March 3rd First day of Class**

3/10 3/24 4/7 4/14 4/21 4/28 5/5 5/12

Any questions please contact Alex Scichilone

E-mail: coach24@optonline.net

With any questions.

Prerequisites

Minimum age of 15.

Pre-course Swim Test:

- Swim 550 yards (about 500 meters) continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, 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.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.