

ARLINGTON BOYS & GIRLS CLUB

Sixty Pond Lane
Arlington, MA 02474-6586
781-648-1617

AMERICAN RED CROSS LIFEGUARD TRAINING

Course Description: The course will provide training for pool settings. 100% attendance, with full participation in all scheduled classes, successful completion of all critical skill, and written exams (with an 80% or better) will certify the candidate in American Red Cross Lifeguard Training with First Aid (valid for three years) CPR for the Professional Rescuer (valid for one year).

Requirements: Minimum age 15 years old. Swim **300 yards continuously** using these strokes in the following order:

100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.

100 yards breast stroke using a pull, breathe, kick and glide sequence.

100 yards either front crawl or breaststroke. This 100 yards may be a combination of front crawl and breaststroke.

Swim 20 yards starting in the water, surface dive 7-10 ft, retrieve a 10lb 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.

Schedule: Tuesday, Wednesday, & Thursday 5:15-9:00 PM April 8 – May 1
(no class April 22, 23, & 24)

MANDATORY Swim Test Wednesday April 2nd at 6:00 PM

Fee: \$275*

***includes \$25 non-refundable fee.**

Refunds: There will be absolutely **no refunds** once you start the class, including those who drop out or fail the course. Refunds will only be made if one fails swim pretest minus \$25.

Other Concerns: **Swim goggles** will not be permitted on any of the rescue drills, swimmers with contact lenses are strongly encouraged to bring cleaning kits and storage cases.

Students who have asthma or other medical conditions are strongly encouraged to bring your medication with you to the poolside.

Enrollment in lifeguard training depends on your passing the prerequisite swim test.

Any questions please contact J. Duddy at 781-648-1617 x33

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