

ARLINGTON BOYS & GIRLS CLUB

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

AMERICAN RED CROSS LIFEGUARD TRAINING & WATERFRONT MODULE

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).

The course will also teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a waterfront environment. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Requirements: Minimum age 15 years old. Swim **550 yards continuously** using these strokes in the following order:

200 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.

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

150 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.

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.

Schedule: Tuesday, Wednesday, & Thursday 5:15-9:00 PM April 8 – May 8
(no class April 22, 23, 24, & May 7)

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

Fee: \$325

***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.

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

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