



Arlington Boys & Girls Club  
Sixty Pond Lane Arlington, MA 02474  
[www.abgclub.org](http://www.abgclub.org)

## Red Cross Lifeguard Training & Waterfront Module

- Tuesday- Friday February 21<sup>st</sup> – 24<sup>th</sup> 9:00am-5:00pm **221130 B1**
- **Registration Deadline February 9<sup>th</sup>**
  
- Tuesday- Friday April 17<sup>th</sup> – 20<sup>th</sup> 9:00am-5:00pm **321130 A1**
- **Registration Deadline April 17<sup>th</sup>**
  
- Participants **MUST** be 15 years old by the completion of the course
- **MANDATORY SWIM TEST** – swim 550 yards continuously, dive 10 feet and retrieve 10lb object swim 25yds, submerge and retrieve dive rings
- **This test will be given on the first day of class**  
If you are questioning passing the pretest please email Kim at [kurquhart@abgclub.org](mailto:kurquhart@abgclub.org) for an appointment
- This will train participants for pool settings as well as teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a waterfront environment **Fee:\$425 includes \$50 non-refundable fee**



## Red Cross Lifeguard Recertification

- Tuesday-Thursday April 24<sup>th</sup> – 26<sup>th</sup> 5:00 – 9:00pm **321131 A1**
- Get recertified without retaking the full course: First Aid & CPR for the Professional Rescuer
- Must Present current Lifeguard Training Certificate, First Aid Certificate & CPR for the Professional Rescuer at time of registration
- Questions: contact Jim Duddy at (781) 648-1617 x33. **Fee:\$200 (materials extra if needed)**