

APRIL VACATION 2015

LIFEGUARD TRAINING CLASS

Learn: CPR, First Aid, AED, and Water Rescue Skills in the Red Cross Lifeguard Training Course

ATTENDANCE AT & FULL PARTICIPATION IN ALL SESSIONS IS REQUIRED FOR ALL CANDIDATES WHO SUCCESSFULLY PASS THE PRE-COURSE SWIM SKILLS TEST*

***PRE-COURSE SKILLS TEST** will be held on the first date of each session. Candidates will need to bring swimsuit, towel, sweatshirt (& optional goggles) and be prepared to pass the following:

- **SWIM 300 YARDS (12 lengths of a 25 yd. Pool) CONTINUOUSLY** with 100 yards of front crawlstroke with rhythmic breathing and a stabilizing, propellant kick, 100 yards of breaststroke, and 100 yards of either crawlstroke and/or breaststroke.
- **SWIM 20 YARDS** using either front crawl or breaststroke, surface dive to 7 to 10 feet, retrieve 10 lb. object, & return to the surface, and swim 20 yards back to the starting point with the object. No swim goggles are allowed and this must be performed under 1 minute and 40 seconds.
- **2 Minute Tread** without support and without stopping. You must use your legs only, your hands will be placed under your armpits. Your head must remain above the surface of the water.

Tuesday-Friday

WHEN: Swim Test –Friday, April 17th. 6-8pm

Class: April 21-24

TIME: 8am - 2:30pm

COURSE LOCATION: Commerce High School- 415 State Street

For ages 15 and up

CLASS FEE: \$175 for residents, \$225 non-resident

To register for this training course, applicants must call Stacey at 787-6298

