

# WANT TO BECOME A LIFEGUARD???

The City of Springfield's Aquatics Division offers Lifeguard Training Classes!

Learn: CPR, First Aid, AED, and Water Rescue Skills

**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 Wednesday, April 16<sup>th</sup> at 5:30pm at Milton Bradley Elementary School.**

**Please be prepared to pass the following:**

- **Prerequisite 1:** Jump in, submerge, resurface and swim 150 yards continuously, tread water for 2 minutes (using your legs only), and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control.
- **Prerequisite 2:** Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive (head-first or feet-first) to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Exit the water without using a ladder or the steps.

**Now offering FREE certifications for Springfield Public School students!**

**SPS Students: FREE**

**Springfield Residents: \$250.00**

**Non-Springfield Residents: \$350.00**

<b>Location:</b>	Milton Bradley School 22 Mulberry St. Springfield, MA 01105
<b>Date:</b>	April 22 - 25, 2025
<b>Day:</b>	Tuesday - Friday
<b>Time:</b>	8:00am – 4:00pm

**If you are at least 15 years of age and want to become a lifeguard, call the Aquatics office to sign up at 413-787-6298.**