

# WANT TO BECOME A LIFEGUARD???

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

The lifeguard training is a great way to earn extra money after school or over the summer! It is also a step in the right direction for a future job. Many of our lifeguards go on to be EMT's, Paramedics, Police Officers, Fire Fighters, and more!

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 before the course begins. Candidates will need to bring a swimsuit, towel, sweatshirt (& optional goggles) and be prepared to pass the following:

- SWIM 300 YARDS (12 lengths of a 25 yd. Pool)
- 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.
  - 2 Minute Tread without support and without stopping using your legs only.

**Special rates apply to Springfield Public School students!**

<b>Location:</b>	Commerce High School 415 State St. Springfield, MA 01105
<b>Date:</b>	April 17 – April 20, 2018
<b>Day:</b>	Tuesday - Friday
<b>Time:</b>	8:00am – 3:00pm

*The pre-course skills test will be held on  
Thursday, April 12, 2018 at Commerce at 6:00pm*

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**.