



Red Cross Lifeguard Training **Upcoming Course - Spring 2024**

Swim Center at Westminster School, LLC
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Lifeguard Training

Tuesdays 5:30pm - 8:00pm, April 16th – June 11th

Course Description:

- The successful participant will receive the following: American Red Cross Certification in Lifeguarding/First Aid/CPR & AED for the Professional Rescuer. This certification is valid for 2 years.
- Attendance and participation in the practice sessions is essential to the successful completion of the course.
- Part of the course is online requiring access to a computer or tablet.

Course Prerequisites* (Pre-course Session held first day of class):

The successful candidate must:

- Be 15 years old by the last day of the course (May 21st).
- Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke (or a combination of front crawl and breaststroke).
- Tread water for 2 minutes using kick only.
- Swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet (minimum), retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object using only kick & exit the water without using a ladder or steps, within 1 minute, 40 seconds.

*Participants **MUST** successfully complete the Pre-course on the first day of class in order to participate in the class. Certification is conditional on successfully completing the course requirements. Refunds **will not** be offered to participants who fail to complete the course requirements, **including** the pre-course. Please contact us for a swim test if you are unsure about your ability to complete the above swimming skills. Private lessons are also available to practice precourse skills before the start of the lifeguard training class.

Course Fees:

Members \$395, Program Pass Holders \$435 (includes CPR pocket mask & Red Cross fees)

Contact the Swim Center's Front Desk at 860-408-3021 for further registration information.