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American Red Cross LIFEGUARD TRAINING COURSE and Recertification 2017

There will be an American Red Cross Lifeguard Training course and/or recertification offered at Maplebrook School pool. This course will teach the responsibilities of being a lifeguard in a professional manner. Lifeguard skills, CPR/AED and first aid will be included.

To enroll you must:

Be at least 15 years of age

Tread water for 2 minutes

Timed scenarios

300 yard continuous swim (front crawl/breast stroke)

550 yard continuous swim for waterfront certification

Strokes must be at lifeguard level. This is not a learn to swim course.

REQUIRED Swim Evaluation and Registration: April 27, 6:00pm

CLASS DATES:

Tuesday, May 2	6:00-9:00pm
Thursday, May 4	6:00-9:00pm
Tuesday, May 9	6:00-9:00pm
Thursday, May 11	6:00-9:00pm
Saturday, May 13	9:00am-1:00
Tuesday, May 16	6:00-9:00pm
Thursday, May 18	6:00-9:00pm
Tuesday, May 23	6:00-9:00pm
Thursday, May 25	6:00-9:00pm
Tuesday, May 30	6:00-9:00pm
Tuesday, June 6	6:00-9:00pm

COST: \$300.00 (re-certification \$150.00)

PLACE: Maplebrook School, Route 22, Amenia, NY

CONTACT: Sue Lopane 518-789-3159 or

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Steve Victory 860-435-0063