



American Red Cross LIFEGUARD TRAINING COURSE and Recertification

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 techniques, 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: March 17, 6:00pm

Pre-registration is Required

DATE: Mondays

March 17, 24, 31

April 7, 21, 28 (Saturday-April 26)

May 5, 12, 19

TIME: 6:00pm -9:00pm

COST: \$235.00 (re-certification \$150.00)

PLACE: Maplebrook School, Route 22, Amenia, NY

CONTACT:

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