

Show the World What You're Made of — Be a Lifeguard



LIFEGUARDING COURSE

Prerequisites

- Minimum age of 15.
- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Certification Requirements

- Attend all class sessions.
Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Issued and Validity Period

- Lifeguarding/First Aid: 3 years
- CPR/AED for the Professional Rescuer: 1 year

Location:

Hamilton High School West
2720 Clinton Avenue
Trenton, NJ 08610

Time:

6:30 to 10:00PM

Schedule:

March: 2 prerequisite testing and First Aid
March: 4, 11, 18, 25
April: 1, 15, 22, 29
May 6, 20

Cost:

\$150.00

**DATES ARE SUBJECT TO CHANGE.
COURSE RUNS 8 TO 11 WEEKS**

Bring to every class: pen, paper, swimsuit and towel

For questions or more information:

Brian: (609) 954-8563

Email: healthandsafety@njredcross.org

Registration Form:

<http://www.njredcross.org/courses/2010LifeguardingCourseRegForm.pdf>



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Red Cross**