

# Lifeguarding Course 2022



@ Village of Buchanan Pool. 200 Westchester Ave. Buchanan, NY 10511



Participants will gain the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities will prepare the participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

## Prerequisites:

- Minimum age of 15.
- Swim 300 yards continuously in freestyle and breast stroke
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–13 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.
- Tread water using only legs for 2 minutes

## Class Dates (MUST ATTEND ALL DATES):

pre-course on line @

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

June 5<sup>th</sup> (Sunday) pre-test/re-cert

June 7<sup>th</sup> (Tues)

June 8<sup>th</sup> (Wed)

June 14<sup>th</sup> (Tues)

June 15<sup>th</sup> (Wed)

- All Dates from 4pm – 7pm
- All Dates Held at Buchanan Village Pool 200 Westchester Avenue, Buchanan, NY, 10511

Course Fee: \$250 Re-Cert fee: \$135

***ALL Participants MUST Pre-Register by email or phone***

*Please Contact Helen Peters @ 914-497-4558 or [helenpeters@ymail.com](mailto:helenpeters@ymail.com) for more information or to register.*

**Lifeguard applications can be found on our web-site: [villageofbuchanan.com](http://villageofbuchanan.com)**