

Lifeguarding Course 2023



**American
Red Cross**

Together, we can save a life

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 drowning and injuries.

Prerequisites:

- Minimum age of 15.

- Swim 300 yards continuously in freestyle and/or breast stroke

- 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.

- Tread water using only legs for 2 minutes

Class Dates (*MUST ATTEND ALL DATES*):

June 4th pre-course @ 12pm (*Must pass Pre-Course to move on*)

Class dates June 6,7,9,13,14 and 16th @ 4pm

- All Dates Held at VILLAGE OF BUCHANAN Pool
200 Westchester Avenue, Buchanan, NY, 10511
- Course Fee: \$250
- ALL Participants **MUST** Pre-Register by email or phone. Please Contact Helen Peters @ 914-497-4558 or helenpeters@gmail.com for More Information or to Register.

Recertification Date: June 4th @ 1pm