



Swymfit Swordfish Head Coach, Heather will be teaching an American Red Cross Lifeguard Training Course at Swymfit.

The class will be held from 9:00 am to 8:00 pm on Sundays, March 25th and April 8th. No class Easter Sunday.

Call 978-635-0500 to Register!



American Red Cross

## AMERICAN RED CROSS LIFEGUARD TRAINING

This class will allow participants to become American Red Cross Certified Lifeguards, with the knowledge and skills to prevent, recognize and respond to aquatic emergencies. This blended learning class will require 8 hours of at home, online training as well as 20 hours of classroom practice with a Red Cross Certified Instructor.

**Prerequisites:**

Must be at least 15.5 years of age and be able to pass the following prerequisite swim skills on the first day of class:

1. Swim 300 yards continuously demonstrating breath control in front crawl or breaststroke. (No backstroke or sidestroke)
2. Swim 20 yards, dive 7-10 feet and retrieve training brick, return to the surface and swim 20 yards on back to the starting point.

**Course Cost: \$350**