



90 Swanson Road, Boxborough, MA 01719 Phone 978-635-0500 Fax 978-635-9510
www.swymfit.com

American Red Cross Lifeguard Training Course with Head Coach Heather O'Connell

The full course will be offered on 2 separate dates:

- 1) February 17th - 20th, 11:00 am - 6:00 pm**
- 2) April 20th - 23rd, 11:00 am - 6:00 pm**

Course Cost \$350.00



Prerequisites

Must be at least 15.5 years of age and be able to pass the following 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.**

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.

Call 978- 635 -0500 to Register