



Junior Lifeguard Training

Swymfit is offering a NEW Junior Lifeguard Training classes for swimmers ages 11-14 years old. The program teaches kids the basics of First Aid and CPR, aquatic safety, and various water rescue techniques. The Junior Lifeguard Program will be held at Swymfit during the school vacation week.

CLASS REQUIREMENTS:

- o At least 11-14 years old
- o Swim 100 yards under 3:00 minutes
- o 10 yards underwater
- o Tread water for 2 minutes
- o Retrieve a 10 lb weight from 9ft

Training Dates:

Candidates must attend all training dates per session

- Session #1: February 20th & February 22nd 1-7pm
- Session #2: April 17th & April 19th 1-7pm
- Price: \$225 per person
- CPR/AED and First Aid certification valid for 1 year

To register for any upcoming training, please visit

www.swymfit.com or call the Front Desk at (978) 635-0500.

For more information, please contact Aquatics Director [Caley Zannoni](#)