

Worcester



Lifeguard Certification Course

April 27, 28 & May 4, 5
10am—4pm



**American
Red Cross**

Become a Lifeguard
Register Now

***Attendance at all four sessions required**

*** Class requires online portions to be completed prior to start of the first class.**

The American Red Cross Lifeguarding program gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the Professional Rescuer, emergency cardiac care, as well as the latest lifeguarding rescue skills and safety protocols. In addition, some of the required class work will take place online.

There is a minimum age of 15 years old, and the following pre-requisites:

Swim 500 yards continuously

Swim 20 yards, retrieve a brick from the deep end of the pool

Tread water for 10 minutes - legs only

* Dress comfortably. Bring a bathing suit (one-piece for females) and towels. Pack a lunch, water, and snacks for breaks.

* Cancellation fee of \$80 if you withdraw prior to start date.

Fee: \$275/M, \$325/NM

35-0427

Worcester JCC

633 Salisbury Street, Worcester
Web: worcesterjcc.org
Phone: 508.756.7109 • Fax: 508.754.3373

For more information:

Kelly Sampson
Aquatics Director, x 235
ksampson@worcesterjcc.org

Roberto Fuentes
Assistant Aquatics Director, x 250
rfuentes@worcesterjcc.org