

Blending
Learning Course!
Online & In
Person Sessions



**American
Red Cross**

Waterfront Lifeguarding Course
at
New Lebanon Jr./Sr. High School

Schedule

Feb. 25th – Mar. 1st

You must attend all classes

All sessions will be from 3:00 - 7:00

Waterfront component- TBA (sometime in May)

YOU MUST REGISTER BY FEB 4th

**Must send an email
to register!!**

\$200

Please contact Mr. Christiansen at tchristiansen@newlebanoncsd.org
Please use a non-school related email address if possible.

- **Pre-course Swim Test**
 - ✓ Swim 550 yards (22 lengths) continuously.
 - ✓ 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.
 - ✓ Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.
 - ✓ Tread water for 2 minutes without the use of hands
 - GOGGLES CAN ONLY BE USED FOR THE 550
- **Please bring your birth certificate/license to verify your age; you must be 15 years old by the end of the class.**
- The cost of the course will include textbook, pocket mask & certifications

Please make sure you can pass the pre-course test!!