



**American
Red Cross**

Waterfront Lifeguarding Course

at New Lebanon Jr./Sr. High School

- **Online class: Must be completed by March 25th**
- **In person classes: March 26th & Mach 27th**
8:00–4:00

- **Waterfront: TBA**

- **Cost: \$275**

- The cost of the course will include textbook, pocket mask & certifications

- **[Click here to register](#)**

**Online course is open,
start today!**

**For more information please contact Mr. Christiansen at
tchristiansen@newlebanoncsd.org**

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 YARD SWIM**
- ★ **You must be 16 years old by July.**

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