

Lifeguard Training

American Red Cross Blended Lifeguard Training Course

This blended learning course combines online learning with on-site skill sessions where you practice skills and demonstrate your competency. Students will be taught the proper rescue and safety skills necessary to lifeguarding in swimming pool environments. Must attend all classes and complete online work between classroom sessions.

Pre Test: Friday, June 2, 2023

Requirements

Must be 15 years old, swim 300 yds continuously with breath control, tread water for 2 minutes using only your legs, swim 20 yds and retrieve a 10 lb brick with both hands. Students who do not pass the pre-test will not be permitted to attend the course.

Course Information

Please plan to complete the initial eLearning lessons before each session. You will receive an email session link for the online portion of your course.

Dates/Times

Fri.	6/2	4:00–8:30pm
Mon.	6/5	4:00–8:30pm
Fri.	6/9	4:00–8:00pm
Mon.	6/12	4:00–7:00pm
Fri.	6/16	4:00–7:00pm

Must attend all classes

Fees

Member - \$400

Non-Member - \$425

If a student fails pre-test, a \$100 non-refundable fee will be applied



**American
Red Cross**

For more information or to register call/visit the Program Desk.

ALLSPORT
health & fitness

www.allsporthealthandfitness.com
#845-896-5678 • 17 Old Main Street, Fishkill, NY